

Fitness classes

The Pods

Accurate as of 26/04/2024

Times for Wednesday 26 February



| Time | Session | Facility | Instructor |
|---------------------|--------------------|-----------------|--------------------|
| 9:30 am - 10:30 am | Aerobics | Energy Studio | Anais |
| 9:45 am - 10:30 am | Kettlebell | Wellness Studio | Lisa |
| 10:30 am - 11:30 am | Stretch and Tone | Energy Studio | Anais |
| 11:30 am - 12:30 pm | Les Mills BodyPump | Energy Studio | Jade |
| 11:35 am - 12:20 pm | Aquacise | Main Pool | Anais |
| 12:30 pm - 1:00 pm | Rig workout | Gym | Fitness Instructor |
| 12:30 pm - 1:30 pm | Yoga | Energy Studio | Stuart |
| 5:00 pm - 6:00 pm | Circuits | Sports Hall | Paul L |
| 7:30 pm - 9:00 pm | Yoga | Energy Studio | Stuart |