

Fitness classes

The Pods

Accurate as of 03/09/2024

Times for Wednesday 4 September



Time	Session	Facility	Instructor
6:15 am - 7:00 am	Virtual Les Mills The Trip	Energy Studio	Virtual instructor
7:00 am - 7:45 am	Virtual Les Mills BodyBalance	Energy Studio	Virtual instructor
9:15 am - 10:00 am	Group cycling	Wellness Studio	Sarah
10:00 am - 10:45 am	Kettlebell	Energy Studio	Josie
11:00 am - 11:45 am	Fitness pilates	Energy Studio	Josie
11:30 am - 1:00 pm	Yoga	Wellness Studio	Stuart
1:00 pm - 2:00 pm	ActiveLincs Circuits	Energy Studio	Stacey S
2:00 pm - 3:00 pm	ActiveLincs Circuits	Energy Studio	Stacey S
4:30 pm - 5:15 pm	Virtual Les Mills RPM	Energy Studio	Virtual instructor
5:00 pm - 5:30 pm	Rig workout	Gym	Fitness Instructor
5:00 pm - 6:00 pm	Circuits	Sports Hall	Sam D
6:00 pm - 6:30 pm	HIIT cardio	Energy Studio & Live Streamed	Sam D
6:30 pm - 7:00 pm	HIIT core	Energy Studio & Live Streamed	Sam D
7:00 pm - 8:00 pm	Les Mills BodyPump	Energy Studio	Rob
7:15 pm - 8:45 pm	Yoga	Wellness Studio	Stuart
8:15 pm - 9:00 pm	Virtual Les Mills BodyCombat	Energy Studio	Virtual instructor