

# Fitness classes

## The Pods

Accurate as of 07/09/2024

### Times for Friday 13 September



Time	Session	Facility	Instructor
6:15 am - 7:00 am	Virtual Les Mills BodyPump	Energy Studio	Virtual instructor
7:00 am - 7:45 am	Virtual Les Mills BodyCombat	Energy Studio	Virtual instructor
9:15 am - 10:00 am	HIIT strength	Energy Studio & Live Streamed	Sam D
10:15 am - 10:45 am	Core Strength	Energy Studio	Katie M
10:45 am - 11:45 am	Fitness pilates	Energy Studio	Katie M
11:30 am - 12:15 pm	Good Boost	Main Pool	Stacey S
11:30 am - 1:00 pm	Yoga	Wellness Studio	Stuart
1:00 pm - 1:45 pm	Chair based gentle exercise	Energy Studio	Fitness Instructor
2:00 pm - 3:00 pm	ActiveLincs Circuits	Energy Studio	Stacey S
3:00 pm - 3:45 pm	Good Boost	Main Pool	Fitness Instructor
4:30 pm - 5:00 pm	Rig workout	Gym	Fitness Instructor
4:30 pm - 5:15 pm	Virtual Les Mills BodyCombat	Energy Studio	Virtual instructor
5:30 pm - 6:30 pm	Pilates	Energy Studio	Kay
5:30 pm - 6:30 pm	Group cycling	Wellness Studio	Pete
6:45 pm - 7:45 pm	Boxercise	Energy Studio	Pete
8:15 pm - 9:00 pm	Virtual Les Mills BodyPump	Energy Studio	Virtual instructor