

Fitness classes

The Pods

Accurate as of 15/09/2024

Times for Saturday 21 September



Time	Session	Facility	Instructor
8:30 am - 9:00 am	Rig workout	Gym	Fitness Instructor
8:45 am - 9:45 am	Les Mills BodyPump	Energy Studio	Rob
10:00 am - 11:00 am	Les Mills BodyCombat	Energy Studio	Sam D
10:00 am - 11:00 am	Group cycling	Wellness Studio	Rob
10:00 am - 11:00 am	Junior Gym	Gym	Fitness Instructor
11:15 am - 12:00 pm	Kettlebell	Energy Studio	Sam D
12:00 pm - 1:30 pm	Yoga	Wellness Studio	Stuart
12:30 pm - 1:15 pm	Virtual Les Mills The Trip	Energy Studio	Virtual instructor
1:30 pm - 2:15 pm	Virtual Les Mills BodyBalance	Energy Studio	Virtual instructor