

# Fitness classes

## The Pods

Accurate as of 17/09/2024

### Times for Monday 23 September



Time	Session	Facility	Instructor
6:15 am - 6:45 am	Virtual Les Mills Grit Cardio	Energy Studio	Virtual instructor
7:00 am - 7:45 am	Virtual Les Mills RPM	Energy Studio	Virtual instructor
9:45 am - 10:30 am	Group cycling	Wellness Studio	Josie
10:30 am - 11:30 am	Fitness pilates	Energy Studio & Live Streamed	Josie
11:30 am - 12:15 pm	Good Boost	Main Pool	Stacey S
12:00 pm - 12:30 pm	Rig workout	Gym	Team Teaching
1:00 pm - 2:00 pm	ActiveLincs Circuits	Energy Studio	Stacey S
2:15 pm - 3:00 pm	Virtual Les Mills BodyPump	Energy Studio	Virtual instructor
3:00 pm - 3:45 pm	Good Boost	Main Pool	Fitness Instructor
4:30 pm - 5:15 pm	Virtual Les Mills BodyBalance	Energy Studio	Virtual instructor
5:00 pm - 5:45 pm	Circuits	Sports Hall	Lisa
6:00 pm - 7:00 pm	Les Mills BodyPump	Energy Studio & Live Streamed	Lisa
6:45 pm - 8:15 pm	Yoga	Wellness Studio	Stuart
7:00 pm - 8:00 pm	Aerobics	Energy Studio	Laura K
8:15 pm - 9:00 pm	Virtual Les Mills RPM	Energy Studio	Virtual instructor