

Fitness classes

The Pods

Accurate as of 18/09/2024

Times for Tuesday 24 September



Time	Session	Facility	Instructor
6:15 am - 7:00 am	Virtual Les Mills BodyCombat	Energy Studio	Virtual instructor
7:00 am - 7:45 am	Virtual Les Mills BodyBalance	Energy Studio	Virtual instructor
7:30 am - 8:15 am	Group cycling	Wellness Studio	Sarah
9:15 am - 10:15 am	LBT	Energy Studio & Live Streamed	Sam
10:00 am - 11:00 am	Exercising with Parkinson's - younger onset	Health & Wellbeing Studio	
10:15 am - 11:15 am	Kettlebell	Wellness Studio	Sam
11:00 am - 12:00 pm	Exercising with Parkinson's - older onset	Health & Wellbeing Studio	
11:30 am - 12:00 pm	Virtual Les Mills Grit Cardio	Energy Studio	Virtual instructor
11:30 am - 12:15 pm	Good Boost	Main Pool	Stacey S
12:00 pm - 12:30 pm	Rig workout	Gym	Fitness Instructor
1:00 pm - 2:00 pm	Chair based gentle exercise	Energy Studio	Stacey S
2:15 pm - 3:00 pm	Virtual Les Mills The Trip	Energy Studio	Virtual instructor
3:00 pm - 3:45 pm	Good Boost	Main Pool	Fitness Instructor
4:00 pm - 5:00 pm	Junior Gym	Gym	Fitness Instructor
5:00 pm - 6:00 pm	Kettlebell	Energy Studio	Lisa
6:00 pm - 7:00 pm	Les Mills BodyCombat	Energy Studio & Live Streamed	Lisa
6:15 pm - 7:00 pm	Group cycling	Wellness Studio	Sarah

Time	Session	Facility	Instructor
8:15 pm - 9:00 pm	Virtual Les Mills The Trip	Energy Studio	Virtual instructor