

Fitness classes

The Pods

Accurate as of 28/10/2024

Times for Thursday 31 October



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 The Trip	Energy Studio	Virtual instructor
9:15 am - 10:00 am	Kettlebell	Energy Studio	Sam D
10:15 am - 11:00 am	VibeGold	Energy Studio	Sam D
11:00 am - 11:45 am	Stretch & tone	Energy Studio	Sam D
11:30 am - 12:15 pm	Good Boost	Main Pool	Fitness Instructor
2:15 pm - 3:00 pm	Virtual Les Mills BodyPump	Energy Studio	Virtual instructor
4:00 pm - 5:00 pm	Junior Gym	Gym	Fitness Instructor
4:30 pm - 5:15 pm	Virtual Les Mills BodyPump	Energy Studio	Virtual instructor
6:00 pm - 7:00 pm	Les Mills BodyAttack	Energy Studio	Laura K
6:15 pm - 7:15 pm	Pilates	Wellness Studio	Kay
7:15 pm - 8:00 pm	HIIT strength	Energy Studio & Live Streamed	Laura K
8:00 pm - 9:00 pm	Aquacise	Main Pool	Zoe B
8:15 pm - 8:45 pm	Virtual Les Mills Grit Cardio	Energy Studio	Virtual instructor