

# Fitness classes

## The Pods

Accurate as of 13/03/2025

### Times for Wednesday 12 February



Time	Session	Facility	Instructor
6:15 am - 7:00 am	Virtual Les Mills BodyAttack	Studio 1	Virtual instructor
7:00 am - 7:45 am	Virtual Les Mills BodyBalance	Studio 1	Virtual instructor
9:30 am - 10:15 am	Group Cycling	Studio 2	Sarah
9:30 am - 10:30 am	Aerobics	Studio 1	Anais
10:30 am - 11:15 am	Les Mills BodyPump	Studio 1 & Live Streamed	Sarah
10:30 am - 11:30 am	Fitness pilates	Studio 2	Anais
11:30 am - 1:00 pm	Yoga	Studio 1	Stuart
1:00 pm - 2:00 pm	ActiveLincs Circuits	Studio 1	Activator
2:00 pm - 3:00 pm	ActiveLincs Circuits	Studio 1	Activator
4:00 pm - 4:45 pm	Virtual Les Mills RPM	Studio 1	Virtual instructor
5:00 pm - 5:45 pm	Kettlebells	Studio 1	Sam D
5:15 pm - 6:00 pm	Circuits	Sports Hall	Daisy.
6:00 pm - 6:30 pm	HIIT Cardio	Studio 1 & Live Streamed	Sam D
6:30 pm - 7:00 pm	HIIT Core	Studio 1 & Live Streamed	Sam D
7:00 pm - 8:00 pm	Les Mills BodyPump	Studio 1	Rob
7:15 pm - 8:45 pm	Yoga	Studio 2	Stuart
8:15 pm - 9:00 pm	Virtual Les Mills BodyCombat	Studio 1	Virtual instructor