

# Fitness classes

## The Pods

Accurate as of 13/03/2025

### Times for Thursday 13 March



Time	Session	Facility	Instructor
6:15 am - 7:00 am	Virtual Les Mills BodyCombat	Studio 1	Virtual instructor
7:00 am - 7:45 am	Virtual Les Mills Dance	Studio 1	Virtual instructor
9:15 am - 10:00 am	Kettlebells	Studio 1	Sam D
10:15 am - 11:00 am	VibeGold	Studio 1	Sam D
11:00 am - 11:45 am	Stretch & Tone	Studio 1	Sam D
11:30 am - 12:15 pm	Good Boost	Main Pool	Activator
2:00 pm - 3:00 pm	ActiveLincs Circuits	Studio 1	Activator
4:00 pm - 5:00 pm	Junior Gym	Gym	Fitness Instructor
4:30 pm - 5:15 pm	Virtual Les Mills BodyPump	Studio 1	Virtual instructor
5:15 pm - 5:45 pm	HYBRID30	Studio 2	Fitness Instructor
6:00 pm - 7:00 pm	Les Mills BodyAttack	Studio 1	Laura K
6:00 pm - 7:00 pm	Pilates	Studio 2	Kay
7:15 pm - 8:00 pm	HIIT Strength	Studio 1 & Live Streamed	Laura K
8:00 pm - 9:00 pm	Aquacise	Main Pool	Zoe B
8:15 pm - 8:45 pm	Virtual Les Mills GritCardio	Studio 1	Virtual instructor