


Fitness classes

The Pods

Accurate as of 02/05/2024

Times for Thursday 23 February				
Time	Session	Facility	Instructor	
9:30 am - 10:30 am	Les Mills BodyPump	Energy Studio	Theo	
10:30 am - 11:30 am	Les Mills BodyAttack	Energy Studio	Theo	
6:00 pm - 7:00 pm	Les Mills BodyAttack	Sports Hall	Theo	
6:00 pm - 7:00 pm	Les Mills BodyPump	Energy Studio	Anais	
6:15 pm - 7:15 pm	Pilates	Wellness Studio	Kay	