

# Fitness classes

## The Pods

Accurate as of 20/04/2024

### 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