


Fitness classes

The Pods

Accurate as of 05/05/2024

Times for Saturday 1 July				
Time	Session	Facility	Instructor	
8:30 am - 9:30 am	Les Mills BodyPump	Energy Studio	Theo	
9:00 am - 9:30 am	HIIT core	Wellness Studio	Carrie	
9:30 am - 10:30 am	Les Mills BodyAttack	Energy Studio	Theo	
9:30 am - 10:30 am	Kettlebell	Wellness Studio	Carrie	
11:00 am - 12:30 pm	Yoga	Energy Studio	Stuart	