

# Fitness classes

## The Pods

Accurate as of 13/05/2024

| Times for Saturday 8 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 | Anais      |
| 9:30 am - 10:30 am        | Les Mills BodyAttack | Energy Studio   | Theo       |
| 9:30 am - 10:30 am        | Kettlebell           | Wellness Studio | Anais      |
| 11:00 am - 12:30 pm       | Yoga                 | Energy Studio   | Stuart     |