

# Fitness classes

## The Pods

Accurate as of 03/05/2024

| Times for Saturday 19 August |                      |               |            |
|------------------------------|----------------------|---------------|------------|
| Time                         | Session              | Facility      | Instructor |
| 8:30 am - 9:30 am            | Les Mills BodyPump   | Energy Studio | Lisa       |
| 9:30 am - 10:30 am           | Les Mills BodyAttack | Energy Studio | Lisa       |
| 11:00 am - 12:30 pm          | Yoga                 | Energy Studio | Stuart     |