

# Fitness classes

## The Pods

Accurate as of 25/04/2024

### 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