

Fitness classes

The Pods

Accurate as of 13/05/2024

| Times for Saturday 23 December | | | |
|--------------------------------|----------------------|---------------|------------|
| Time | Session | Facility | Instructor |
| 8:30 am - 9:30 am | Les Mills BodyPump | Energy Studio | Theo |
| 9:30 am - 10:30 am | Les Mills BodyAttack | Energy Studio | Theo |
| 11:00 am - 12:30 pm | Yoga | Energy Studio | Stuart |