

# Fitness classes

## The Pods

Accurate as of 17/05/2025

### Times for Saturday 23 June



| Time                | Session              | Facility | Instructor |
|---------------------|----------------------|----------|------------|
| 8:30 am - 9:30 am   | Les Mills BodyPump   | Studio 1 | Theo       |
| 9:30 am - 10:30 am  | Les Mills BodyAttack | Studio 1 | Theo       |
| 9:30 am - 10:30 am  | Group Cycling        | Studio 2 | Ashley     |
| 11:00 am - 12:30 pm | Yoga                 | Studio 1 | Stuart     |