

# Fitness classes

## The Pods

Accurate as of 02/05/2024

| Times for Friday 14 December |               |                 |            |
|------------------------------|---------------|-----------------|------------|
| Time                         | Session       | Facility        | Instructor |
| 7:15 am - 8:00 am            | Group cycling | Wellness Studio | Pete       |
| 9:30 am - 10:30 am           | Aerobics      | Energy Studio   | Lisa       |
| 11:00 am - 12:30 pm          | Yoga          | Wellness Studio | Stuart     |
| 4:45 pm - 5:45 pm            | Group cycling | Wellness Studio | Pete       |
| 5:30 pm - 6:00 pm            | Pound fit     | Energy Studio   | Kay        |
| 6:00 pm - 7:00 pm            | Pilates       | Wellness Studio | Kay        |
| 6:15 pm - 7:15 pm            | Boxercise     | Energy Studio   | Pete       |