## Fitness classes The Pods

## Accurate as of 04/05/2024

| Times for Saturday 23 February |                      |                 | 0          |
|--------------------------------|----------------------|-----------------|------------|
| 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       |
| 9:30 am - 10:30 am             | Group cycling        | Wellness Studio | Ashley     |
| 11:00 am - 12:30 pm            | Yoga                 | Energy Studio   | Stuart     |