

# Fitness classes

## The Pods

Accurate as of 20/04/2024

### Times for Saturday 22 February



Time	Session	Facility	Instructor
8:30 am - 9:30 am	Les Mills BodyPump	Energy Studio	Theo
9:00 am - 9:45 am	Kettlebell	Sports Hall	Paul L
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