

# Fitness classes

## The Pods

Accurate as of 03/09/2024

### Times for Monday 26 August



| Time                | Session                       | Facility      | Instructor         |
|---------------------|-------------------------------|---------------|--------------------|
| 6:15 am - 6:45 am   | Virtual Les Mills Grit Cardio | Energy Studio | Virtual instructor |
| 7:00 am - 7:45 am   | Virtual Les Mills RPM         | Energy Studio | Virtual instructor |
| 12:00 pm - 12:30 pm | Rig workout                   | Gym           | Team Teaching      |
| 2:15 pm - 3:00 pm   | Virtual Les Mills BodyPump    | Energy Studio | Virtual instructor |
| 4:30 pm - 5:15 pm   | Virtual Les Mills BodyBalance | Energy Studio | Virtual instructor |
| 6:00 pm - 7:00 pm   | Les Mills BodyPump            | Energy Studio | Charlee            |