

# Fitness classes

## The Pods

Accurate as of 03/09/2024

### Times for Saturday 7 September



| Time                | Session                       | Facility        | Instructor         |
|---------------------|-------------------------------|-----------------|--------------------|
| 8:30 am - 9:00 am   | Rig workout                   | Gym             | Fitness Instructor |
| 8:45 am - 9:45 am   | Les Mills BodyPump            | Energy Studio   | Rob                |
| 10:00 am - 11:00 am | Les Mills BodyCombat          | Energy Studio   | Sam D              |
| 10:00 am - 11:00 am | Group cycling                 | Wellness Studio | Rob                |
| 10:00 am - 11:00 am | Junior Gym                    | Gym             | Fitness Instructor |
| 11:15 am - 12:00 pm | Kettlebell                    | Energy Studio   | Sam D              |
| 12:00 pm - 1:30 pm  | Yoga                          | Wellness Studio | Stuart             |
| 12:30 pm - 1:15 pm  | Virtual Les Mills The Trip    | Energy Studio   | Virtual instructor |
| 1:30 pm - 2:15 pm   | Virtual Les Mills BodyBalance | Energy Studio   | Virtual instructor |