

# Fitness classes

## The Pods

Accurate as of 28/10/2024

### Times for Sunday 3 November



Time	Session	Facility	Instructor
9:00 am - 9:45 am	Virtual Les Mills BodyPump	Energy Studio	Virtual instructor
10:00 am - 10:45 am	Virtual Les Mills BodyCombat	Energy Studio	Virtual instructor
12:15 pm - 12:45 pm	Virtual Les Mills Grit Cardio	Energy Studio	Virtual instructor
1:00 pm - 1:45 pm	Virtual Les Mills RPM	Energy Studio	Virtual instructor
2:30 pm - 3:15 pm	Virtual Les Mills BodyBalance	Energy Studio	Virtual instructor