

Live streaming

The Pods

Accurate as of 21/05/2024

Times for Wednesday 1 May



| Time | Session | Facility |
|---------------|--------------------|-------------------|
| 10:00 - 10:45 | Les Mills BodyPump | Live Stream Class |
| 18:00 - 18:30 | HIIT cardio | Live Stream Class |
| 18:30 - 19:00 | HIIT core | Live Stream Class |