

$$\begin{pmatrix} \frac{1}{\sqrt{2}} & 0 & -\frac{1}{\sqrt{2}} \\ 0 & 1 & 0 \\ \frac{1}{\sqrt{2}} & 0 & \frac{1}{\sqrt{2}} \end{pmatrix} \begin{pmatrix} 1 & \sqrt{2} & 2 \\ \sqrt{2} & 3 & \sqrt{2} \\ 2 & \sqrt{2} & 1 \end{pmatrix} \begin{pmatrix} \frac{1}{\sqrt{2}} & 0 & -\frac{1}{\sqrt{2}} \\ 0 & 1 & 0 \\ \frac{1}{\sqrt{2}} & 0 & \frac{1}{\sqrt{2}} \end{pmatrix}$$

Firstly, we multiply 1st and 2nd matrices on left

$$\begin{aligned} &= \left\{ \begin{pmatrix} \frac{1}{\sqrt{2}} & 0 & -\frac{1}{\sqrt{2}} \\ 0 & 1 & 0 \\ \frac{1}{\sqrt{2}} & 0 & \frac{1}{\sqrt{2}} \end{pmatrix} \begin{pmatrix} 1 & \sqrt{2} & 2 \\ \sqrt{2} & 3 & \sqrt{2} \\ 2 & \sqrt{2} & 1 \end{pmatrix} \right\} \begin{pmatrix} \frac{1}{\sqrt{2}} & 0 & -\frac{1}{\sqrt{2}} \\ 0 & 1 & 0 \\ \frac{1}{\sqrt{2}} & 0 & \frac{1}{\sqrt{2}} \end{pmatrix} \\ &= \left\{ \begin{pmatrix} -\frac{1}{2}\sqrt{2} & 0 & \frac{1}{2}\sqrt{2} \\ \sqrt{2} & 3 & \sqrt{2} \\ \frac{3}{2}\sqrt{2} & 2 & \frac{3}{2}\sqrt{2} \end{pmatrix} \right\} \begin{pmatrix} \frac{1}{\sqrt{2}} & 0 & -\frac{1}{\sqrt{2}} \\ 0 & 1 & 0 \\ \frac{1}{\sqrt{2}} & 0 & \frac{1}{\sqrt{2}} \end{pmatrix} \\ &= \begin{pmatrix} -\frac{1}{2}\sqrt{2} & 0 & \frac{1}{2}\sqrt{2} \\ \sqrt{2} & 3 & \sqrt{2} \\ \frac{3}{2}\sqrt{2} & 2 & \frac{3}{2}\sqrt{2} \end{pmatrix} \begin{pmatrix} \frac{1}{\sqrt{2}} & 0 & -\frac{1}{\sqrt{2}} \\ 0 & 1 & 0 \\ \frac{1}{\sqrt{2}} & 0 & \frac{1}{\sqrt{2}} \end{pmatrix} = \begin{pmatrix} 0 & 0 & 1 \\ 2 & 3 & 0 \\ 3 & 2 & 0 \end{pmatrix} \end{aligned}$$