

Fitness classes

The Pods

Accurate as of 24/05/2026

Times for Monday 25 May



| Time | Session | Facility | Instructor |
|---------------------|----------------------|-------------|--------------------|
| 9:15 am - 10:00 am | HIIT Strength | Studio 1 | Nicole G |
| 10:15 am - 11:00 am | Les Mills BodyCombat | Studio 1 | Nicole G |
| 12:00 pm - 12:30 pm | HYBRID30 | Studio 2 | Fitness Instructor |
| 5:30 pm - 6:15 pm | Circuits | Sports Hall | Nicole G |
| 6:15 pm - 7:00 pm | HIIT Strength | Studio 1 | Nicole G |