

Fitness classes

The Pods

Accurate as of 24/05/2026

Times for Tuesday 26 May



Time	Session	Facility	Instructor
9:15 am - 10:00 am	Group Cycling	Studio 2	Sam
10:15 am - 11:00 am	HYBRID45	Studio 2	Sam
4:00 pm - 5:00 pm	Junior Gym	Gym	Fitness Instructor
5:00 pm - 6:00 pm	Kettlebells	Studio 1	Laura K
5:00 pm - 6:00 pm	Junior Gym induction course	Gym	Fitness Instructor
6:00 pm - 7:00 pm	Les Mills BodyCombat	Studio 1	Laura K
6:15 pm - 7:00 pm	Group Cycling	Studio 2	Davy N