

Fitness classes

The Pods

Accurate as of 24/05/2026

Times for Wednesday 27 May



Time	Session	Facility	Instructor
7:15 am - 8:15 am	Group Cycling	Studio 2	Debbie W
9:15 am - 10:00 am	Group Cycling	Studio 2	Sarah
10:15 am - 11:00 am	Les Mills BodyPump	Studio 1	Sarah
11:15 am - 12:00 pm	Les Mills Thrive	Studio 2	Sarah
11:30 am - 1:00 pm	Yoga	Studio 1	Stuart
5:00 pm - 5:45 pm	Circuits	Sports Hall	Davy N
5:00 pm - 6:00 pm	Junior Gym induction course	Gym	Fitness Instructor
5:00 pm - 6:00 pm	Group Cycling	Studio 2	Debbie W
6:15 pm - 7:00 pm	HYBRID45	Studio 2	Debbie W
7:15 pm - 8:45 pm	Yoga	Studio 2	Stuart