

# Fitness classes

## The Pods

Accurate as of 24/05/2026

### Times for Thursday 28 May



Time	Session	Facility	Instructor
9:15 am - 10:00 am	Total Tone	Studio 2	Sam D
10:15 am - 11:00 am	Stretch & Tone	Studio 1	Sam D
4:00 pm - 5:00 pm	Junior Gym	Gym	Fitness Instructor
5:00 pm - 5:45 pm	HYBRID45	Studio 2	Debbie W
5:00 pm - 6:00 pm	Junior Gym induction course	Gym	Fitness Instructor
5:30 pm - 6:15 pm	Les Mills BodyCombat	Studio 1	Team Teaching
6:00 pm - 7:00 pm	VibeGold	Studio 2	Debbie W
6:20 pm - 7:05 pm	Core Strength	Studio 1	Team Teaching
7:00 pm - 8:00 pm	Stretch & Tone	Studio 2	Debbie W