

Fitness classes

The Pods

Accurate as of 16/06/2026

Times for Wednesday 17 June



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	Debbie W
10:15 am - 11:00 am	Total Tone	Studio 1	Debbie W
11:15 am - 12:00 pm	Stretch & Tone	Studio 2	Debbie W
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	Stretch & Tone	Studio 2	Debbie W