

Fitness classes

The Pods

Accurate as of 16/06/2026

Times for Friday 19 June



| Time | Session | Facility | Instructor |
|---------------------|----------------------|----------|------------|
| 7:15 am - 8:00 am | Total Tone | Studio 1 | Debbie W |
| 9:15 am - 10:00 am | HIIT Strength | Studio 1 | Sam D |
| 9:15 am - 10:00 am | HYBRID45 | Studio 2 | Nicole G |
| 10:10 am - 10:55 am | Les Mills Shapes | Studio 1 | Sam D |
| 11:00 am - 11:30 am | Stretch & Tone | Studio 1 | Sam D |
| 11:30 am - 1:00 pm | Stretch & Tone | Studio 2 | Debbie W |
| 4:30 pm - 5:00 pm | HYBRID30 | Studio 2 | Sam D |
| 4:30 pm - 5:30 pm | VibeGold | Studio 1 | Debbie W |
| 5:30 pm - 6:30 pm | HIIT Strength | Studio 1 | Debbie W |
| 6:45 pm - 7:30 pm | Les Mills Shapes | Studio 2 | Sarah H |
| 6:45 pm - 7:45 pm | Les Mills BodyCombat | Studio 1 | Charlee |