

# Fitness classes

## The Pods

Accurate as of 26/07/2026

| Times for Sunday 26 July |                               |          |                    |
|--------------------------|-------------------------------|----------|--------------------|
| Time                     | Session                       | Facility | Instructor         |
| 9:00 am - 9:45 am        | Virtual Les Mills BodyPump    | Studio 1 | Virtual instructor |
| 10:00 am - 10:45 am      | Virtual Les Mills BodyCombat  | Studio 1 | Virtual instructor |
| 10:00 am - 11:00 am      | Junior Gym                    | Gym      | Fitness Instructor |
| 12:15 pm - 12:45 pm      | Virtual Les Mills GritCardio  | Studio 1 | Virtual instructor |
| 1:00 pm - 1:45 pm        | Virtual Les Mills RPM         | Studio 1 | Virtual instructor |
| 2:30 pm - 3:15 pm        | Virtual Les Mills BodyBalance | Studio 1 | Virtual instructor |