

# Fitness classes

## The Pods

Accurate as of 26/07/2026

### Times for Wednesday 29 July



| Time                | Session                       | Facility | Instructor         |
|---------------------|-------------------------------|----------|--------------------|
| 6:15 am - 7:00 am   | Virtual Les Mills BodyAttack  | Studio 1 | Virtual instructor |
| 7:00 am - 7:45 am   | Virtual Les Mills BodyBalance | Studio 1 | Virtual 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                      | Studio 1 | 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             |
| 8:15 pm - 9:00 pm   | Virtual Les Mills BodyCombat  | Studio 1 | Virtual instructor |