

Fitness classes

The Pods

Accurate as of 26/07/2026

Times for Saturday 1 August				
Time	Session	Facility	Instructor	
8:30 am - 9:00 am	HYBRID30	Studio 2	Fitness Instructor	
8:45 am - 9:45 am	Les Mills BodyPump	Studio 1	Rob	
10:00 am - 11:00 am	Les Mills BodyCombat	Studio 1	Sam D	
10:00 am - 11:00 am	Group Cycling	Studio 2	Rob	
10:00 am - 11:00 am	Junior Gym	Gym	Fitness Instructor	
11:15 am - 12:00 pm	Kettlebells	Studio 1	Sam D	
12:00 pm - 1:30 pm	Yoga	Studio 2	Stuart	
12:30 pm - 1:15 pm	Virtual Les Mills BodyAttack	Studio 1	Virtual instructor	
1:30 pm - 2:15 pm	Virtual Les Mills Dance	Studio 1	Virtual instructor	