

Fitness classes

The Pods

Accurate as of 13/09/2026

Times for Wednesday 16 September



Time	Session	Facility	Instructor
6:15 am - 7:00 am	Virtual Les Mills BodyAttack	Studio 1	Virtual instructor
7:15 am - 8:00 am	Virtual Les Mills BodyPump	Studio 1	Virtual instructor
7:15 am - 8:15 am	Group Cycling	Studio 2	Debbie W
9:00 am - 10:00 am	Les Mills BodyCombat	Studio 1	Sam D
9:15 am - 10:00 am	Group Cycling	Studio 2	Sarah
10:15 am - 11:00 am	Les Mills BodyPump	Studio 1	Sarah
10:15 am - 11:00 am	Kettlebells	Studio 2	Sam D
11:15 am - 12:00 pm	Stretch & Tone	Studio 2	Sarah
11:30 am - 1:00 pm	Yoga	Studio 1	Stuart
4:00 pm - 4:45 pm	Virtual Les Mills RPM	Studio 1	Virtual instructor
5:00 pm - 5:45 pm	Circuits	Studio 1	Sam D
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
6:00 pm - 7:00 pm	Aerobics	Studio 1	Laura
6:15 pm - 7:00 pm	HYBRID45	Studio 2	Debbie W
7:00 pm - 7:45 pm	Les Mills Shapes	Studio 1	Sarah
7:15 pm - 8:45 pm	Yoga	Studio 2	Stuart
8:15 pm - 9:00 pm	Virtual Les Mills BodyCombat	Studio 1	Virtual instructor