

Fitness classes

The Pods

Accurate as of 13/09/2026

Times for Thursday 17 September



Time	Session	Facility	Instructor
6:15 am - 7:00 am	Virtual Les Mills BodyCombat	Studio 1	Virtual instructor
7:15 am - 8:00 am	Virtual Les Mills Dance	Studio 1	Virtual instructor
9:15 am - 10:00 am	Total Tone	Studio 1	Sam D
9:15 am - 10:00 am	Group Cycling	Studio 2	Sarah
10:15 am - 11:00 am	Stretch & Tone	Studio 1	Sam D
10:15 am - 11:00 am	Les Mills Thrive	Studio 2	Sarah
4:00 pm - 5:00 pm	Junior Gym	Gym	Fitness Instructor
4:30 pm - 5:15 pm	Virtual Les Mills BodyPump	Studio 1	Virtual instructor
5:00 pm - 5:45 pm	HYBRID45	Studio 2	Debbie W
5:00 pm - 6:00 pm	Junior Gym induction course	Gym	Fitness Instructor
5:30 pm - 6:15 pm	Les Mills BodyCombat	Studio 1	Laura K
6:00 pm - 7:00 pm	VibeGold	Studio 2	Debbie W
6:20 pm - 7:05 pm	Core Strength	Studio 1	Laura K
7:00 pm - 8:00 pm	Stretch & Tone	Studio 2	Debbie W
8:15 pm - 9:00 pm	Virtual Les Mills GritCardio	Studio 1	Virtual instructor