

Fitness classes

The Pods

Accurate as of 13/09/2026

Times for Friday 18 September



Time	Session	Facility	Instructor
6:15 am - 7:00 am	Virtual Les Mills BodyPump	Studio 1	Virtual instructor
7:15 am - 8:00 am	Total Tone	Studio 1	Debbie W
7:15 am - 8:00 am	Group Cycling	Studio 2	Sarah
8:15 am - 9:00 am	Kettlebells	Studio 2	Sarah
9:15 am - 10:00 am	HIIT Strength	Studio 1	Sam D
9:15 am - 10:00 am	HYBRID45	Studio 2	Nicole G
10:10 am - 10:55 am	Les Mills Shapes	Studio 1	Sam D
11:00 am - 11:30 am	Stretch & Tone	Studio 1	Sam D
11:30 am - 1:00 pm	Yoga	Studio 2	Stuart
4:30 pm - 5:00 pm	HYBRID30	Studio 2	Pete
4:30 pm - 5:30 pm	VibeGold	Studio 1	Debbie W
5:30 pm - 6:30 pm	Group Cycling	Studio 2	Pete
5:30 pm - 6:30 pm	HIIT Strength	Studio 1	Debbie W
6:45 pm - 7:45 pm	Boxercise	Studio 1	Pete
8:15 pm - 9:00 pm	Virtual Les Mills BodyPump	Studio 1	Virtual instructor