

Fitness classes

The Pods

Accurate as of 14/09/2026

Times for Sunday 20 September

Time	Session	Facility	Instructor
9:00 am - 9:45 am	Virtual Les Mills BodyPump	Studio 1	Virtual instructor
10:00 am - 10:45 am	Virtual Les Mills BodyCombat	Studio 1	Virtual instructor
10:00 am - 11:00 am	Junior Gym	Gym	Fitness Instructor
12:15 pm - 12:45 pm	Virtual Les Mills GritCardio	Studio 1	Virtual instructor
1:00 pm - 1:45 pm	Virtual Les Mills RPM	Studio 1	Virtual instructor
2:30 pm - 3:15 pm	Virtual Les Mills BodyBalance	Studio 1	Virtual instructor