

Fitness classes

The Pods

Accurate as of 15/09/2026

Times for Monday 21 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	Virtual Les Mills RPM	Studio 1	Virtual instructor
9:15 am - 10:00 am	HIIT Strength	Studio 1	Nicole G
10:15 am - 11:00 am	Les Mills BodyCombat	Studio 1	Nicole G
12:00 pm - 12:30 pm	HYBRID30	Studio 2	Fitness Instructor
2:15 pm - 3:00 pm	Virtual Les Mills BodyPump	Studio 1	Virtual instructor
4:00 pm - 4:45 pm	Virtual Les Mills BodyBalance	Studio 1	Virtual instructor
5:00 pm - 5:45 pm	Ante & post natal group exercise class	Studio 1	Nicole G
5:00 pm - 5:45 pm	Group Cycling	Studio 2	Davy N
6:00 pm - 6:45 pm	HIIT Strength	Studio 1	Nicole G
6:00 pm - 6:45 pm	Circuits	Sports Hall	Davy N
6:45 pm - 8:15 pm	Yoga	Studio 2	Stuart
7:00 pm - 8:00 pm	Body Sculpt	Studio 1	Laura K
8:15 pm - 9:00 pm	Virtual Les Mills RPM	Studio 1	Virtual instructor