

Fitness classes

The Pods

Accurate as of 16/09/2026

Times for Tuesday 22 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 BodyBalance	Studio 1	Virtual instructor
9:00 am - 10:00 am	Les Mills BodyPump	Studio 1	Nicole G
9:15 am - 10:00 am	Group Cycling	Studio 2	Sam
10:15 am - 11:00 am	HYBRID45	Studio 2	Sam
10:15 am - 11:00 am	Les Mills BodyCombat	Studio 1	Nicole G
11:00 am - 12:00 pm	Stretch & Tone	Studio 1	Nicole G
11:30 am - 12:15 pm	Virtual Les Mills Dance	Studio 1	Virtual instructor
2:30 pm - 3:15 pm	Aquacise	Main Pool	Zoe B
4:00 pm - 4:45 pm	Virtual Les Mills BodyAttack	Studio 1	Virtual instructor
4:00 pm - 5:00 pm	Junior Gym	Gym	Fitness Instructor
5:00 pm - 6:00 pm	Kettlebells	Studio 1	Laura K
6:00 pm - 7:00 pm	Les Mills BodyCombat	Studio 1	Laura K
6:15 pm - 7:00 pm	Group Cycling	Studio 2	Davy N
8:15 pm - 9:00 pm	Virtual Les Mills The Trip	Studio 1	Virtual instructor