

Fitness classes

The Pods

Accurate as of 13/03/2025

Times for Friday 14 February



Time	Session	Facility	Instructor
6:15 am - 7:00 am	Virtual Les Mills BodyPump	Studio 1	Virtual instructor
7:00 am - 7:45 am	Virtual Les Mills BodyCombat	Studio 1	Virtual instructor
9:15 am - 10:00 am	HIIT Strength	Studio 1 & Live Streamed	Sam D
9:15 am - 10:00 am	HYBRID45	Studio 2	Katie M
10:15 am - 10:45 am	Core Strength	Studio 1	Katie M
10:45 am - 11:45 am	Fitness pilates	Studio 1	Katie M
11:30 am - 12:15 pm	Good Boost	Main Pool	Activator
11:30 am - 1:00 pm	Yoga	Studio 2	Stuart
1:00 pm - 1:45 pm	Chair based gentle exercise	Studio 1	Activator
2:00 pm - 3:00 pm	ActiveLincs Circuits	Studio 1	Activator
3:00 pm - 3:45 pm	Good Boost	Main Pool	Activator
4:30 pm - 5:00 pm	HYBRID30	Studio 2	Pete
4:30 pm - 5:15 pm	Virtual Les Mills BodyCombat	Studio 1	Virtual instructor
5:30 pm - 6:30 pm	Pilates	Studio 1	Kay
5:30 pm - 6:30 pm	Group Cycling	Studio 2	Pete
6:45 pm - 7:45 pm	Boxercise	Studio 1	Pete
8:15 pm - 9:00 pm	Virtual Les Mills BodyPump	Studio 1	Virtual instructor