

# Fitness Classes

## Riddings Pool

Accurate as of 19/04/2024

### Times for Thursday 18 April



| Time          | Session            | Facility | Instructor |
|---------------|--------------------|----------|------------|
| 09:15 - 10:00 | Les Mills BodyPump | Studio   | Sarah      |
| 10:15 - 11:15 | Stretch & tone     | Studio   | Sarah      |
| 17:30 - 18:30 | Total Tone         | Studio   | Debs       |
| 18:30 - 19:15 | LBT                | Studio   | Debs       |