

Fitness Classes

Riddings Pool

Accurate as of 30/04/2024

Times for Monday 17 February



Time	Session	Facility	Instructor
09:15 - 10:15	Les Mills BodyPump	Studio	Katie M
10:30 - 11:30	Les Mills Dance	Studio	Katie M
18:15 - 19:00	Pound fit	Studio	Kay
19:00 - 20:00	Pilates	Studio	Kay