

# Fitness Classes

## Riddings Pool

Accurate as of 28/04/2024

Times for Saturday 22 February			
Time	Session	Facility	Instructor
07:30 - 08:15	Stretch & tone	Studio	Lisa
09:30 - 10:30	Les Mills BodyPump	Studio	Katie M
10:45 - 11:45	Les Mills BodyCombat	Studio	Katie M