

# Fitness Classes

## Riddings Pool

Accurate as of 15/05/2024

Times for Thursday 27 February			
Time	Session	Facility	Instructor
09:15 - 10:15	Les Mills BodyCombat	Studio	Lisa
18:30 - 19:30	Fitmixx	Studio	
19:30 - 20:15	Fitness pilates	Studio	