


# Fitness Classes

## Riddings Pool

Accurate as of 15/05/2024

Times for Saturday 29 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	