## Fitness Classes Riddings Pool

## Accurate as of 03/09/2024

| Times for Friday 30 August |                 |          |            | <b>©</b> |
|----------------------------|-----------------|----------|------------|----------|
| Time                       | Session         | Facility | Instructor |          |
| 07:30 - 08:15              | HIIT strength   | Studio   | Nicole G   |          |
| 17:30 - 18:15              | Les Mills Dance | Studio   | Katie M    |          |