

Fitness Classes

Riddings Pool

Accurate as of 03/09/2024

Times for Monday 2 September



| Time | Session | Facility | Instructor |
|---------------|--------------------|----------|------------|
| 09:15 - 10:15 | Les Mills BodyPump | Studio | Katie M |
| 10:30 - 11:15 | Les Mills Dance | Studio | Katie M |
| 17:00 - 17:45 | Kettlebell | Studio | Debs |
| 18:00 - 18:45 | Pound fit | Studio | Kay |
| 18:45 - 19:45 | Pilates | Studio | Kay |