

# Fitness Classes

## Riddings Pool

Accurate as of 03/09/2024

### Times for Wednesday 4 September



Time	Session	Facility	Instructor
09:15 - 10:15	Les Mills BodyCombat	Studio	Sam D
10:30 - 11:15	HIIT strength	Studio	Sam D
17:30 - 18:30	Total Tone	Studio	Debs
19:00 - 19:45	Group cycling	Studio	Sarah