

# Fitness Classes

## Riddings Pool

Accurate as of 03/09/2024

### Times for Thursday 5 September



Time	Session	Facility	Instructor
09:15 - 10:00	Les Mills BodyPump	Studio	Sarah
10:15 - 11:15	Stretch & tone	Studio	Sarah
17:30 - 18:30	Total Tone	Studio	Debs
18:30 - 19:15	LBT	Studio	Debs