

Fitness Classes

Riddings Pool

Accurate as of 06/09/2024

Times for Thursday 12 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 |