## Fitness Classes Riddings Pool

## Accurate as of 07/09/2024

| Times for Friday 13 September |                 |          |            | ٩ |
|-------------------------------|-----------------|----------|------------|---|
| Time                          | Session         | Facility | Instructor |   |
| 07:30 - 08:15                 | Group cycling   | Studio   | Sarah      |   |
| 17:30 - 18:15                 | Les Mills Dance | Studio   | Katie M    |   |