

# Fitness Classes

## Riddings Pool

Accurate as of 12/09/2024

### Times for Wednesday 18 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
18:35 - 19:20	Group cycling	Studio	Sarah