

Fitness Classes

Riddings Pool

Accurate as of 28/10/2024

Times for Monday 21 October



Time	Session	Facility	Instructor
09:15 - 10:15	HIIT strength	Studio	Laura
10:30 - 11:15	Les Mills Dance	Studio	Laura
17:00 - 17:45	Kettlebell	Studio	Debs
18:00 - 18:45	Pound fit	Studio	Kay
18:45 - 19:45	Pilates	Studio	Kay