

# Fitness Classes

## Riddings Pool

Accurate as of 28/10/2024

### Times for Thursday 31 October



Time	Session	Facility	Instructor
09:15 - 10:00	Les Mills BodyPump	Studio	Sarah
10:15 - 11:15	Stretch & tone	Studio	Sarah
11:00 - 12:00	Good Boost	Pool	
17:30 - 18:30	Total Tone	Studio	Debs
18:30 - 19:15	LBT	Studio	Debs