

# Fitness Classes

## Riddings Pool

Accurate as of 17/05/2024

Times for Tuesday 30 April



Time	Session	Facility	Instructor
09:15 - 10:00	Group cycling	Studio	Sarah
10:15 - 10:45	Stretch and Tone	Studio	Sarah
13:30 - 14:30	Aquacise	Pool	Zoe B
16:00 - 17:00	Junior Gym	Gym	
18:00 - 19:00	Body sculpt	Studio	Kay
19:00 - 20:00	Pilates	Studio	Kay