

# Fitness Classes

## Riddings Pool

Accurate as of 13/05/2026

### Times for Thursday 14 May



Time	Session	Facility	Instructor
09:15 - 10:00	Les Mills BodyPump	Studio	Sarah
10:15 - 11:15	Stretch & Tone	Studio	Sarah
17:30 - 18:15	Les Mills BodyPump	Studio	Sarah H
18:30 - 19:30	Les Mills BodyCombat	Studio	Sarah H