

# Fitness Classes

## Riddings Pool

Accurate as of 13/05/2026

### Times for Friday 15 May



Time	Session	Facility	Instructor
07:30 - 08:15	Group Cycling	Studio	Sarah
08:30 - 09:15	Kettlebells	Studio	Sarah
09:30 - 10:15	Les Mills Thrive	Studio	Sarah
17:30 - 18:15	Core Strength	Studio	Sarah H