

# Fitness Classes

## Riddings Pool

Accurate as of 13/05/2026

### Times for Saturday 16 May



Time	Session	Facility	Instructor
09:00 - 09:45	Les Mills BodyPump	Studio	Sarah H
10:00 - 10:45	Core Strength	Studio	Sarah H
10:45 - 11:30	Stretch & Tone	Studio	Sarah H