

Fitness Classes

Riddings Pool

Accurate as of 12/07/2026

Times for Monday 13 July

Time	Session	Facility	Instructor
09:10 - 09:55	Les Mills BodyPump	Studio	Katie M
09:55 - 10:40	Fitness pilates	Studio	Katie M
10:40 - 11:25	Les Mills Dance	Studio	Katie M
17:00 - 17:45	Group Cycling	Studio	Davy
18:00 - 18:45	PoundFit	Studio	Kay
18:45 - 19:45	Pilates	Studio	Kay