

Fitness Classes

Riddings Pool

Accurate as of 12/07/2026

Times for Tuesday 14 July			
Time	Session	Facility	Instructor
09:15 - 10:00	Group Cycling	Studio	Sarah
10:15 - 11:15	Stretch and Stability	Studio	Sarah
13:10 - 13:55	Aquacise	Pool	Zoe B
14:00 - 14:45	Aquacise	Studio	Zoe B
16:00 - 17:00	Junior Gym	Gym	
18:00 - 19:00	Body Sculpt	Studio	Kay
19:00 - 20:00	Pilates	Studio	Kay