

Fitness Classes

Riddings Pool

Accurate as of 12/07/2026

Times for Wednesday 15 July

Time	Session	Facility	Instructor
09:15 - 10:15	Les Mills BodyCombat	Studio	Sam D
10:30 - 11:15	HIIT Strength	Studio	Sam D
17:30 - 18:30	Les Mills Dance	Studio	Laura
18:30 - 19:15	Group Cycling	Studio	Sarah