

Fitness Classes

Riddings Pool

Accurate as of 12/07/2026

Times for Thursday 16 July

Time	Session	Facility	Instructor
09:15 - 10:00	Les Mills BodyPump	Studio	Sarah
10:15 - 11:15	Stretch & Tone	Studio	Sarah
17:30 - 18:15	Les Mills BodyPump	Studio	Sarah H
18:30 - 19:30	Les Mills BodyCombat	Studio	Sarah H