

Fitness Classes

Riddings Pool

Accurate as of 11/08/2026

Times for Saturday 15 August

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