

Fitness Classes

Riddings Pool

Accurate as of 11/08/2026

Times for Monday 17 August			
Time	Session	Facility	Instructor
09:15 - 10:00	Kettlebells	Studio	Laura
10:15 - 11:00	Les Mills Dance	Studio	Laura
17:00 - 17:45	Group Cycling	Studio	Davy
18:00 - 18:45	PoundFit	Studio	Kay
18:45 - 19:45	Pilates	Studio	Kay