Fitness Classes
Riddings Pool

Accurate as of 09/11/2026

Times for Monday 9 November

Time	Session	Facility	Instructor
09:00 - 10:00	Active Lincs Gym	Gym	Debs
09:00 - 10:00	Good Boost Land (unsupervised)	Studio	
10:15 - 11:15	Active Lincs chair based exercise	Studio	Debs