Fitness Classes
Riddings Pool

Accurate as of 09/11/2026

Times for Tuesday 10 November

Time	Session	Facility	Instructor
09:00 - 10:00	Good Boost Land	Studio	Jason
10:15 - 11:15	ActiveLincs Circuits	Studio	Jason
13:00 - 14:00	Good Boost Land (unsupervised)	Studio	
17:30 - 18:30	Core Strength	Studio	Sarah H
18:30 - 19:30	Stretch & Tone	Studio	Sarah H