Fitness Classes
Riddings Pool

Accurate as of 09/11/2026

Times for Wednesday 11 November

Time	Session	Facility	Instructor
09:00 - 10:00	Good Boost Land (unsupervised)	Studio	
09:00 - 10:00	Active Lincs Gym	Gym	Stacey S
10:15 - 11:15	Seated chair circuit	Studio	Stacey S
17:30 - 18:15	Aerobics	Studio	Laura
18:30 - 19:15	Group Cycling	Studio	Sarah