Fitness Classes

Riddings Pool

Accurate as of 09/11/2026

Times for Thursday 12 November

Time	Session	Facility	Instructor
09:00 - 10:00	Good Boost Land	Studio	
10:15 - 11:15	Good Boost Land	Studio	
17:30 - 18:30	Total Tone	Studio	Sarah H
18:30 - 19:30	HIIT Strength	Studio	Sarah H