Fitness Classes
Riddings Pool

Accurate as of 09/11/2026

Times for Friday 13 November

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