

Riverside Group Exercise Class Timetable

Riverside Ice & Leisure Centre

Accurate as of 29/04/2024

Times for Friday 23 April

Time	Session	Facility
10:15 am - 11:00 am	Body Conditioning	Gym
11:15 am - 12:00 pm	20/20	Gym
12:15 pm - 1:00 pm	Yoga	Gym
6:00 pm - 6:45 pm	Body Balance	Gym