

# Riverside Group Exercise Class Timetable

## Riverside Ice & Leisure Centre

Accurate as of 25/04/2024

### Times for Monday 26 April



Time	Session	Facility
9:30 am - 10:00 am	LES MILLS GRIT* SERIES	Gym
10:15 am - 11:00 am	Sh'Bam	Gym
11:15 am - 12:00 pm	Body Combat	Gym
12:15 pm - 1:00 pm	Yoga	Gym
5:30 pm - 6:00 pm	CORE	Gym
6:15 pm - 7:00 pm	LBT	Gym