

# Riverside Group Exercise Class Timetable

## Riverside Ice & Leisure Centre

Accurate as of 03/05/2024

### Times for Thursday 29 April



Time	Session	Facility
10:15 am - 11:00 am	Sh'Bam	Gym
11:15 am - 12:00 pm	Circuits	Gym
12:15 pm - 1:00 pm	Yoga	Gym
6:15 pm - 7:00 pm	Body Combat	Gym