

# Riverside Group Exercise Class Timetable

## Riverside Ice & Leisure Centre

Accurate as of 03/05/2024

### Times for Friday 30 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