

Riverside Group Exercise Class Timetable

Riverside Ice & Leisure Centre

Accurate as of 03/05/2024

Times for Monday 27 March



| Time | Session | Facility |
|---------------------|-----------------------|--------------------------------|
| 6:10 am - 6:55 am | Group Cycle | Studio 3 / Spin Studio |
| 6:15 am - 7:00 am | Body Combat | Studio 1 |
| 6:20 am - 6:50 am | MetCon | Gym |
| 7:10 am - 7:50 am | VIRTUAL GRIT STRENGTH | Studio 1 |
| 8:15 am - 8:45 am | VIRTUAL RPM | Studio 3 / Spin Studio |
| 9:00 am - 9:45 am | Aqua Deep | Main Pool Variable Depth (25m) |
| 9:35 am - 10:20 am | GRIT & CORE | Studio 1 |
| 9:35 am - 10:20 am | Group Cycle | Studio 3 / Spin Studio |
| 9:35 am - 10:20 am | Sh'Bam | Studio 2 |
| 9:55 am - 10:25 am | ARENA | Gym |
| 10:35 am - 11:20 am | THE TRIP - Virtual | Studio 3 / Spin Studio |
| 10:35 am - 11:20 am | Strength Development | Studio 1 |
| 10:45 am - 11:45 am | Fitness Yoga | Studio 2 |
| 11:35 am - 12:35 pm | Body Combat | Studio 1 |
| 12:00 pm - 1:00 pm | Pilates | Studio 2 |
| 12:15 pm - 1:00 pm | VIRTUAL RPM | Studio 3 / Spin Studio |
| 12:45 pm - 1:30 pm | Body Pump 45 | Studio 1 |
| 1:15 pm - 1:45 pm | VIRTUAL SPRINT | Studio 3 / Spin Studio |
| 2:00 pm - 2:45 pm | VIRTUAL RPM | Studio 3 / Spin Studio |
| 4:00 pm - 5:00 pm | Move It | Gym |
| 4:30 pm - 5:15 pm | Virtual Body Attack | Studio 1 |

| Time | Session | Facility |
|-------------------|--------------------|------------------------|
| 5:30 pm - 6:15 pm | Body Combat | Studio 1 |
| 5:40 pm - 6:25 pm | Dance Fever | Studio 2 |
| 6:00 pm - 6:45 pm | Group Cycle | Studio 3 / Spin Studio |
| 6:30 pm - 7:15 pm | Body Balance | Studio 2 |
| 7:00 pm - 7:45 pm | Group Cycle | Studio 3 / Spin Studio |
| 7:30 pm - 8:30 pm | Power Yoga | Studio 2 |
| 7:30 pm - 8:30 pm | Body Pump | Studio 1 |
| 8:00 pm - 8:45 pm | THE TRIP - Virtual | Studio 3 / Spin Studio |