

Riverside Group Exercise Class Timetable

Riverside Ice & Leisure Centre

Accurate as of 03/05/2024

Times for Tuesday 28 March



Time	Session	Facility
6:20 am - 6:50 am	Upper	Gym
6:30 am - 7:15 am	BODY PUMP 45*	Studio 1
7:15 am - 8:00 am	THE TRIP - Virtual	Studio 3 / Spin Studio
7:30 am - 8:00 am	VIRTUAL GRIT CARDIO	Studio 1
9:00 am - 9:30 am	Body Step	Studio 1
9:35 am - 10:05 am	ARENA	Gym
9:35 am - 10:20 am	Forever Fit	Studio 2
9:35 am - 10:20 am	Group Cycle	Studio 3 / Spin Studio
9:40 am - 10:25 am	Body Pump 45	Studio 1
10:30 am - 11:30 am	Yoga	Studio 2
10:35 am - 11:20 am	Aqua Cardio 1.3m	Main Pool Variable Depth (25m)
10:40 am - 11:25 am	Body Blitz	Studio 1
11:35 am - 12:20 pm	Body Combat	Studio 1
12:15 pm - 1:00 pm	THE TRIP - Virtual	Studio 3 / Spin Studio
1:15 pm - 1:45 pm	VIRTUAL SPRINT	Studio 3 / Spin Studio
1:15 pm - 2:15 pm	Young At Heart	Studio 2
4:30 pm - 5:00 pm	VIRTUAL GRIT STRENGTH	Studio 1
5:30 pm - 6:00 pm	VIRTUAL SPRINT	Studio 3 / Spin Studio
5:55 pm - 6:40 pm	LES MILLS TONE	Studio 1
6:00 pm - 6:45 pm	Zumba	Studio 2
6:15 pm - 7:00 pm	Group Cycle	Studio 3 / Spin Studio

Time	Session	Facility
6:50 pm - 7:35 pm	Strength Development	Studio 1
7:00 pm - 7:30 pm	LBT	Studio 2
7:15 pm - 8:00 pm	Group Cycle	Studio 3 / Spin Studio
7:45 pm - 8:30 pm	Sh'Bam	Studio 1
7:45 pm - 8:45 pm	Pilates	Studio 2