

# Riverside Group Exercise Class Timetable

## Riverside Ice & Leisure Centre

Accurate as of 03/05/2024

### Times for Sunday 9 April



| Time                | Session            | Facility                       |
|---------------------|--------------------|--------------------------------|
| 7:30 am - 8:15 am   | VIRTUAL COMBAT     | Studio 1                       |
| 8:00 am - 8:45 am   | Group Cycle        | Studio 3 / Spin Studio         |
| 8:30 am - 9:15 am   | BODY PUMP 45*      | Studio 1                       |
| 9:00 am - 9:45 am   | Group Cycle        | Studio 3 / Spin Studio         |
| 9:15 am - 10:00 am  | Aqua Deep          | Main Pool Variable Depth (25m) |
| 9:15 am - 10:15 am  | Yoga               | Studio 2                       |
| 9:25 am - 10:10 am  | HIIT & CORE        | Studio 1                       |
| 10:00 am - 10:45 am | THE TRIP - Virtual | Studio 3 / Spin Studio         |
| 10:20 am - 11:05 am | Sh'Bam             | Studio 1                       |
| 10:30 am - 11:00 am | CORE               | Gym                            |
| 11:15 am - 12:00 pm | Body Balance       | Studio 1                       |
| 12:00 pm - 1:00 pm  | Move It            | Gym                            |
| 12:15 pm - 1:00 pm  | VIRTUAL RPM        | Studio 3 / Spin Studio         |
| 1:10 pm - 1:55 pm   | VIRTUAL PUMP       | Studio 1                       |