

Riverside Group Exercise Class Timetable

Riverside Ice & Leisure Centre

Accurate as of 19/05/2024

Times for Saturday 4 May



| Time | Session | Facility |
|---------------------|--------------------|------------------------|
| 8:10 am - 8:55 am | HIIT & CORE | Studio 2 |
| 8:30 am - 9:15 am | Body Combat | Studio 1 |
| 8:30 am - 9:15 am | Group Cycle | Studio 3 / Spin Studio |
| 9:00 am - 9:30 am | ARENA | Gym |
| 9:20 am - 10:20 am | Hatha Yoga | Studio 2 |
| 9:30 am - 10:15 am | Group Cycle | Studio 3 / Spin Studio |
| 9:30 am - 10:15 am | Body Pump 45 | Studio 1 |
| 10:30 am - 11:15 am | Sh'Bam | Studio 2 |
| 10:30 am - 11:15 am | Group Cycle | Studio 3 / Spin Studio |
| 10:30 am - 11:15 am | Body Step | Studio 1 |
| 11:25 am - 11:55 am | VIRTUAL Core | Studio 1 |
| 12:00 pm - 12:45 pm | THE TRIP - Virtual | Studio 3 / Spin Studio |
| 12:15 pm - 1:15 pm | Move It | Gym |
| 2:00 pm - 2:45 pm | THE TRIP - Virtual | Studio 3 / Spin Studio |