

Riverside Group Exercise Class Timetable

Riverside Ice & Leisure Centre

Accurate as of 01/09/2026

Times for Friday 4 September



Time	Session	Facility
6:15 am - 7:00 am	Stretch & Tone	Studio 2
6:20 am - 6:50 am	ARENA	Gym
7:05 am - 7:50 am	THE TRIP - Virtual	Studio 3 / Spin Studio
7:30 am - 8:00 am	VIRTUAL PUMP	Studio 1
9:00 am - 9:45 am	Strength 45*	Studio 1
9:15 am - 10:15 am	Pilates	Studio 2
9:35 am - 10:05 am	ARENA	Gym
9:35 am - 10:20 am	Group Cycle	Studio 3 / Spin Studio
9:55 am - 10:40 am	Konga	Studio 1
10:20 am - 11:05 am	Body Balance	Studio 2
10:35 am - 11:20 am	THE TRIP - Virtual	Studio 3 / Spin Studio
10:50 am - 11:35 am	Zumba	Studio 1
11:15 am - 12:10 pm	Yoga	Studio 2
11:40 am - 12:25 pm	Forever Fit	Studio 1
12:00 pm - 12:45 pm	Aqua Cardio 1.3m	Main Pool Variable Depth (25m)
12:15 pm - 12:45 pm	VIRTUAL SPRINT	Studio 3 / Spin Studio
12:35 pm - 1:20 pm	Body Combat	Studio 1
1:20 pm - 2:05 pm	Les Mills Pilates	Studio 2
4:00 pm - 5:00 pm	Move It	Gym
5:15 pm - 6:00 pm	THE TRIP - Virtual	Studio 3 / Spin Studio
6:00 pm - 6:45 pm	Body Pump 45	Studio 1

Time	Session	Facility
6:00 pm - 6:45 pm	Les Mills Pilates	Studio 2
7:00 pm - 7:45 pm	Body Balance	Studio 1
7:00 pm - 7:45 pm	Group Cycle	Studio 3 / Spin Studio