

Riverside Group Exercise Class Timetable

Riverside Ice & Leisure Centre

Accurate as of 01/09/2026

Times for Saturday 5 September



Time	Session	Facility
8:15 am - 9:00 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
11:30 am - 12:15 pm	Body Combat	Studio 1
12:00 pm - 12:45 pm	THE TRIP - Virtual	Studio 3 / Spin Studio
12:00 pm - 1:00 pm	Move It	Gym
2:00 pm - 2:45 pm	THE TRIP - Virtual	Studio 3 / Spin Studio