

Riverside Group Exercise Class Timetable

Riverside Ice & Leisure Centre

Accurate as of 22/09/2026

Times for Monday 14 September



Time	Session	Facility
6:10 am - 6:55 am	Group Cycle	Studio 3 / Spin Studio
6:15 am - 7:00 am	Body Combat	Studio 1
6:20 am - 6:50 am	MetCon	Gym
7:30 am - 8:00 am	VIRTUAL PUMP	Studio 1
8:15 am - 8:45 am	VIRTUAL RPM	Studio 3 / Spin Studio
8:30 am - 9:15 am	Les Mills Shapes	Studio 2
9:00 am - 9:45 am	Aqua Deep	Main Pool Variable Depth (25m)
9:35 am - 10:05 am	ARENA	Gym
9:35 am - 10:20 am	GRIT & CORE*	Studio 1
9:35 am - 10:20 am	Group Cycle	Studio 3 / Spin Studio
9:35 am - 10:20 am	Sh'Bam	Studio 2
10:35 am - 11:20 am	THE TRIP - Virtual	Studio 3 / Spin Studio
10:35 am - 11:20 am	Strength Development	Studio 1
10:45 am - 11:45 am	Fitness Yoga	Studio 2
11:35 am - 12:35 pm	Body Combat	Studio 1
12:00 pm - 12:45 pm	Aqua Cardio 1.3m	Main Pool Variable Depth (25m)
12:00 pm - 1:00 pm	Pilates	Studio 2
12:15 pm - 1:00 pm	VIRTUAL RPM	Studio 3 / Spin Studio
12:45 pm - 1:30 pm	Body Pump 45	Studio 1
1:05 pm - 1:50 pm	Body Balance	Studio 2
1:15 pm - 1:45 pm	VIRTUAL SPRINT	Studio 3 / Spin Studio

Time	Session	Facility
1:45 pm - 2:30 pm	Step	Studio 1
2:00 pm - 2:45 pm	VIRTUAL RPM	Studio 3 / Spin Studio
4:00 pm - 5:00 pm	Move It	Gym
4:45 pm - 5:30 pm	BODY PUMP 45*	Studio 1
5:40 pm - 6:25 pm	Body Combat	Studio 1
5:40 pm - 6:25 pm	Les Mills Dance	Studio 2
6:00 pm - 6:45 pm	Group Cycle	Studio 3 / Spin Studio
6:30 pm - 7:15 pm	Body Balance	Studio 2
6:35 pm - 7:20 pm	ClubVibe Dance	Studio 1
7:00 pm - 7:45 pm	Group Cycle	Studio 3 / Spin Studio
7:30 pm - 8:30 pm	Power Yoga	Studio 2
7:30 pm - 8:30 pm	Body Pump*	Studio 1
8:00 pm - 8:45 pm	THE TRIP - Virtual	Studio 3 / Spin Studio