

# Riverside Group Exercise Class Timetable

## Riverside Ice & Leisure Centre

Accurate as of 22/09/2026

### Times for Saturday 19 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 |