

Riverside Group Exercise Class Timetable

Riverside Ice & Leisure Centre

Accurate as of 22/09/2026

Times for Wednesday 23 September



Time	Session	Facility
6:10 am - 6:55 am	Group Cycle	Studio 3 / Spin Studio
6:20 am - 6:50 am	ARENA	Gym
7:00 am - 8:00 am	Yoga	Studio 2
8:00 am - 8:30 am	VIRTUAL COMBAT	Studio 1
8:15 am - 8:45 am	VIRTUAL SPRINT	Studio 3 / Spin Studio
9:05 am - 9:35 am	LES MILLS TONE	Studio 1
9:35 am - 10:05 am	ARENA	Gym
9:35 am - 10:20 am	Cycle Beats	Studio 3 / Spin Studio
9:35 am - 10:30 am	Vinyasa Yoga (Advanced)	Studio 2
9:40 am - 10:25 am	Body Attack*	Studio 1
10:00 am - 10:45 am	Aqua Tone 1.2m	Main Pool Variable Depth (25m)
10:35 am - 11:20 am	Strength Development	Studio 1
10:40 am - 11:25 am	Body Balance	Studio 2
11:35 am - 12:30 pm	Pilates	Studio 2
11:45 am - 12:30 pm	HIIT & CORE	Studio 1
12:15 pm - 12:45 pm	VIRTUAL SPRINT	Studio 3 / Spin Studio
1:15 pm - 2:15 pm	Young At Heart	Studio 2
4:00 pm - 5:00 pm	Move It	Gym
4:45 pm - 5:30 pm	BODY PUMP 45*	Studio 1
5:30 pm - 6:15 pm	Sh'Bam	Studio 2
5:45 pm - 6:15 pm	Group Cycle	Studio 3 / Spin Studio

Time	Session	Facility
5:45 pm - 6:30 pm	Body Combat	Studio 1
6:15 pm - 7:00 pm	Aqua Cardio 1.3m	Main Pool Variable Depth (25m)
6:25 pm - 7:10 pm	Dance Fit	Studio 2
6:30 pm - 7:15 pm	THE TRIP - Live	Studio 3 / Spin Studio
6:40 pm - 7:25 pm	GRIT & CORE*	Studio 1
7:20 pm - 8:20 pm	Back To Yoga	Studio 2
7:30 pm - 8:15 pm	VIRTUAL RPM	Studio 3 / Spin Studio
7:30 pm - 8:15 pm	Aqua Deep	Main Pool Variable Depth (25m)
7:35 pm - 8:20 pm	Body Pump 45	Studio 1