

Riverside Group Exercise Timetable

Riverside Leisure Centre

Accurate as of 03/05/2024

Times for Monday 28 November



Time	Session	Facility
06:30 - 07:15	Indoor Cycling	Indoor Cycling Studio
09:30 - 10:30	BodyStep TM	Studio 1
10:30 - 11:30	BodyPump TM	Studio 1
11:45 - 12:45	AquaFit	Main Pool
17:00 - 18:00	Yoga	Studio 1
18:00 - 18:45	BodyAttack TM	Studio 1
18:00 - 18:45	Indoor Cycling	Indoor Cycling Studio
18:45 - 19:45	BodyPump TM	Studio 1
19:45 - 20:45	BodyCombat TM	Studio 1