

Riverside Group Exercise Timetable

Riverside Leisure Centre

Accurate as of 03/05/2024

Times for Wednesday 30 November



Time	Session	Facility
06:30 - 07:15	Indoor Cycling	Indoor Cycling Studio
09:30 - 10:30	Pilates	Studio 1
10:00 - 11:00	AquaFit	Main Pool
11:30 - 12:30	Yoga	Studio 1
12:30 - 13:15	Indoor Cycling	Indoor Cycling Studio
18:00 - 18:45	BodyPump™	Studio 1