

Riverside Group Exercise Timetable

Riverside Leisure Centre

Accurate as of 03/05/2024

Times for Thursday 1 December



| Time | Session | Facility |
|---------------|--------------------------|-----------|
| 17:30 - 18:30 | BodyCombat TM | Studio 1 |
| 18:30 - 19:30 | BodyPump TM | Studio 1 |
| 19:30 - 20:30 | Legs, Bums & Tums | Studio 1 |
| 20:00 - 20:45 | AquaFit | Main Pool |