

Riverside Group Exercise Timetable

Riverside Leisure Centre

Accurate as of 04/05/2024

Times for Friday 2 December



Time	Session	Facility
09:30 - 10:30	BodyAttack TM	Studio 1
10:30 - 11:30	Yoga	Studio 2
10:30 - 11:30	BodyPump TM	Studio 1
11:45 - 12:45	AquaFit	Main Pool
18:00 - 19:00	BodyStep TM	Studio 1