

Riverside Group Exercise Timetable

Riverside Leisure Centre

Accurate as of 03/05/2024

Times for Saturday 3 December



Time	Session	Facility
08:30 - 09:30	BodyAttack ™	Studio 1
09:30 - 10:15	BodyCombat ™	Studio 1
10:15 - 11:15	BodyPump ™	Studio 1
11:30 - 12:30	BodyBalance ™	Studio 1
12:45 - 13:45	Yoga	Studio 1