

# Riverside Group Exercise Timetable

## Riverside Leisure Centre

Accurate as of 26/04/2024

### Times for Thursday 8 December



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