


# Riverside Group Exercise Timetable

## Riverside Leisure Centre

Accurate as of 06/05/2024

Times for Friday 9 December			
Time	Session	Facility	
09:30 - 10:30	BodyAttack ™	Studio 1	
10:30 - 11:30	Yoga	Studio 2	
10:30 - 11:30	BodyPump ™	Studio 1	
11:45 - 12:45	AquaFit	Main Pool	
18:00 - 19:00	BodyStep ™	Studio 1	