


# Riverside Group Exercise Timetable

## Riverside Leisure Centre

Accurate as of 10/04/2024

Times for Saturday 10 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	