

Riverside Group Exercise Timetable

Riverside Leisure Centre

Accurate as of 15/05/2024

Times for Sunday 11 December		
Time	Session	Facility
08:30 - 09:15	Indoor Cycling	Indoor Cycling Studio
09:15 - 10:15	BodyStep TM	Studio 1
10:30 - 11:30	BodyBalance TM	Studio 1