

# Riverside Group Exercise Timetable

## Riverside Leisure Centre

Accurate as of 30/04/2024

### Times for Sunday 11 December



Time	Session	Facility
08:30 - 09:15	Indoor Cycling	Indoor Cycling Studio
09:15 - 10:15	BodyStep <sup>TM</sup>	Studio 1
10:30 - 11:30	BodyBalance <sup>TM</sup>	Studio 1