

Riverside Group Exercise Timetable

Riverside Leisure Centre

Accurate as of 19/04/2024

Times for Thursday 30 March



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