Riverside Group Exercise Timetable Riverside Leisure Centre

Accurate as of 01/05/2024

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