

# Riverside Group Exercise Timetable

## Riverside Leisure Centre

Accurate as of 25/04/2024

### Times for Friday 31 March



Time	Session	Facility
09:30 - 10:30	BodyAttack <sup>TM</sup>	Studio 1
10:30 - 11:30	Yoga	Studio 2
10:30 - 11:30	BodyPump <sup>TM</sup>	Studio 1
11:45 - 12:45	AquaFit	Main Pool
18:00 - 19:00	BodyStep <sup>TM</sup>	Studio 1