


Riverside Group Exercise Timetable

Riverside Leisure Centre

Accurate as of 28/04/2024

Times for Sunday 9 April			
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	