# Riverside Group Exercise Timetable

## Riverside Leisure Centre

**Accurate as of 12/10/2024**

**Times for Tuesday 23 April**

| Time | Session | Facility |
|---|---|---|
| 09:30 - 10:30 | BodyStep ™ | Studio 1 |
| 09:30 - 10:30 | Pilates | Studio 2 |
| 12:30 - 13:30 | BodyPump ™ | Studio 1 |
| 17:00 - 18:00 | Pilates | Studio 1 |
| 18:00 - 19:00 | BodyStep ™ | Studio 1 |
| 18:00 - 19:00 | BodyBalance ™ | Studio 2 |
| 19:00 - 20:00 | BodyPump ™ | Studio 1 |