

Riverside Group Exercise Timetable

Riverside Leisure Centre

Accurate as of 04/05/2024

Times for Wednesday 24 April



| Time | Session | Facility |
|---------------|---------------------|-----------------------|
| 06:30 - 07:15 | Indoor Cycling | Indoor Cycling Studio |
| 09:15 - 09:45 | Les Mills Core | Studio 2 |
| 09:30 - 10:30 | Pilates | Studio 1 |
| 10:00 - 11:00 | AquaFit | Main Pool |
| 10:30 - 11:30 | Low Impact Aerobics | Studio 1 |
| 11:30 - 12:30 | Yoga | Studio 1 |
| 12:30 - 13:15 | Indoor Cycling | Indoor Cycling Studio |
| 17:15 - 18:00 | Barre Fitness | Studio 1 |
| 18:00 - 18:45 | BodyPump™ | Studio 1 |
| 18:15 - 19:00 | Indoor Cycling | Indoor Cycling Studio |
| 18:45 - 19:15 | Les Mills Core | Studio 1 |
| 19:00 - 20:00 | BodyAttack™ | Studio 1 |