

Riverside Group Exercise Timetable

Riverside Leisure Centre

Accurate as of 18/05/2024

Times for Wednesday 1 May



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