

Riverside Group Exercise Timetable

Riverside Leisure Centre

Accurate as of 18/05/2024

Times for Thursday 2 May



Time	Session	Facility
09:30 - 10:15	Hiit Boxing	Studio 1
09:30 - 10:30	BodyBalance™	Studio 2
10:00 - 10:30	Les Mills Core	Studio 1
17:30 - 18:30	BodyCombat™	Studio 1
18:30 - 19:30	BodyPump™	Studio 1
19:30 - 20:30	Legs, Bums & Tums	Studio 1
20:00 - 20:45	AquaFit	Main Pool