Riverside Group Exercise Timetable

Riverside Leisure Centre

Accurate as of 16/09/2026

Times for Friday 14 August

Time	Session	Facility	Instructor
09:30 - 10:30	BodyAttack ™	Studio 1	Jo H
10:30 - 11:30	BodyPump ™	Studio 1	Jo H
11:35 - 12:35	BodyBalance ™	Studio 1	Emily A
11:45 - 12:30	AquaFit	Main Pool	Berni
12:35 - 13:35	Yoga	Studio 1	Zoe B
17:00 - 18:00	Yoga	Studio 1	Sally
18:00 - 19:00	Legs, Bums & Tums	Studio 1	Amanda
19:00 - 20:00	BodyBalance ™	Studio 1	Amanda