Riverside Group Exercise Timetable

Riverside Leisure Centre

Accurate as of 17/11/2026

Times for Tuesday 17 November

Time	Session	Facility	Instructor
09:30 - 10:30	Pilates	Studio 2	Karen
12:30 - 13:30	BodyPump ™	Studio 1	Jenette
17:00 - 18:00	Pilates	Studio 1	Jenette
18:00 - 19:00	BodyBalance ™	Studio 2	Jenette
18:00 - 19:00	BodyAttack ™	Studio 1	Jade
19:00 - 20:00	BodyPump ™	Studio 1	Gemma