Riverside Group Exercise Timetable

Riverside Leisure Centre

Accurate as of 17/11/2026

Times for Wednesday 18 November

Time	Session	Facility	Instructor
09:15 - 10:00	Legs, Bums & Tums	Studio 1	Josie
09:30 - 10:15	AquaFit	Main Pool	Emily K
10:15 - 11:15	Pilates	Studio 1	Nic G
11:30 - 12:30	Yoga	Studio 1	Tara H
17:15 - 18:15	Yoga	Studio 1	Tara H
18:15 - 19:00	Indoor Cycling	Cycling Studio	
18:30 - 19:25	BodyPump ™	Studio 1	Andy W
19:30 - 20:15	Les Mills Shapes	Studio 1	Amanda