Riverside Group Exercise Timetable

Riverside Leisure Centre

Accurate as of 17/11/2026

Times for Thursday 19 November

Time	Session	Facility	Instructor
09:15 - 10:00	HiiT Boxing	Studio 1	Jo H
10:00 - 10:45	Les Mills Core	Studio 1	Jo H
10:45 - 11:45	Dance Fitness	Studio 1	Josie
17:30 - 18:30	BodyCombat ™	Studio 1	Jenette
18:00 - 18:45	Indoor Cycling	Cycling Studio	Connor
18:30 - 19:30	BodyPump ™	Studio 1	Jenette
19:30 - 20:30	Legs, Bums & Tums	Studio 1	Amanda