Riverside Group Exercise Timetable

Riverside Leisure Centre

Accurate as of 17/11/2026

Times for Sunday 22 November

Time	Session	Facility	Instructor
08:30 - 09:15	Indoor Cycling	Cycling Studio	Devin
09:15 - 10:15	BodyAttack ™	Studio 1	Devin
09:30 - 10:30	Les Mills Shapes	Studio 2	Amanda
10:30 - 11:30	BodyBalance ™	Studio 1	Helen