Riverside Group Exercise Timetable

Riverside Leisure Centre

Accurate as of 17/11/2026

Times for Monday 23 November

Time	Session	Facility	Instructor
09:30 - 10:15	AquaFit	Main Pool	Berni
09:30 - 10:30	BodyAttack ™	Studio 1	Jo H
09:45 - 10:45	Pilates	Studio 2	Sally
10:30 - 11:30	BodyPump ™	Studio 1	Jo H
11:00 - 12:00	Yoga	Studio 2	Sally
17:00 - 18:00	Yoga	Studio 1	Jessica
18:00 - 19:00	RPM	Cycling Studio	Carla
18:00 - 19:00	BodyStep ™	Studio 1	Devin
19:00 - 19:45	BodyPump ™	Studio 1	Devin
19:45 - 20:45	BodyCombat ™	Studio 1	Jake