

Riverside Group Exercise Class Timetable

Riverside Ice & Leisure Centre

Accurate as of 20/07/2024

Times for Thursday 18 July



Time	Session	Facility
6:20 am - 6:50 am	Leg Day	Gym
6:30 am - 7:15 am	Body Pump 45	Studio 1
7:15 am - 8:00 am	VIRTUAL RPM	Studio 3 / Spin Studio
7:30 am - 8:00 am	VIRTUAL GRIT ATHLETIC	Studio 1
9:00 am - 9:30 am	Body Combat	Studio 1
9:30 am - 10:30 am	Pilates	Studio 2
9:35 am - 10:05 am	ARENA	Gym
9:35 am - 10:20 am	Group Cycle	Studio 3 / Spin Studio
9:40 am - 10:25 am	LES MILLS TONE	Studio 1
10:35 am - 11:20 am	THE TRIP - Virtual	Studio 3 / Spin Studio
10:35 am - 11:20 am	Bounce	Studio 1
10:40 am - 11:25 am	LBT	Studio 2
11:35 am - 12:20 pm	Body Pump 45	Studio 1
11:35 am - 12:30 pm	Hatha Yoga	Studio 2
12:15 pm - 1:00 pm	THE TRIP - Virtual	Studio 3 / Spin Studio
12:30 pm - 1:15 pm	Body Conditioning	Studio 1
1:00 pm - 1:45 pm	Stretch & Relax	Studio 2
1:15 pm - 1:45 pm	VIRTUAL SPRINT	Studio 3 / Spin Studio
2:00 pm - 2:45 pm	VIRTUAL PUMP	Studio 1
4:30 pm - 5:15 pm	THE TRIP - Virtual	Studio 3 / Spin Studio
5:30 pm - 6:15 pm	Pilates	Studio 2

Time	Session	Facility
5:35 pm - 6:20 pm	Body Attack*	Studio 1
6:20 pm - 7:20 pm	BODYJAM	Studio 2
6:30 pm - 7:15 pm	Body Combat	Studio 1
6:30 pm - 7:15 pm	RPM	Studio 3 / Spin Studio
7:25 pm - 7:55 pm	Les Mills Core	Studio 2
7:30 pm - 8:30 pm	Body Pump	Studio 1
8:00 pm - 8:30 pm	Express Body Balance	Studio 2