

Riverside Group Exercise Class Timetable

Riverside Ice & Leisure Centre

Accurate as of 24/07/2024

Times for Tuesday 30 July



| Time | Session | Facility |
|---------------------|-----------------------|--------------------------------|
| 6:15 am - 7:15 am | Pilates | Studio 2 |
| 6:20 am - 6:50 am | Upper | Gym |
| 6:30 am - 7:15 am | BODY PUMP 45* | Studio 1 |
| 7:15 am - 8:00 am | THE TRIP - Virtual | Studio 3 / Spin Studio |
| 7:30 am - 8:00 am | VIRTUAL GRIT CARDIO | Studio 1 |
| 9:00 am - 9:30 am | Body Step | Studio 1 |
| 9:35 am - 10:05 am | ARENA | Gym |
| 9:35 am - 10:20 am | Forever Fit | Studio 2 |
| 9:35 am - 10:20 am | Group Cycle | Studio 3 / Spin Studio |
| 9:40 am - 10:25 am | Body Pump 45 | Studio 1 |
| 10:30 am - 11:30 am | Yoga | Studio 2 |
| 10:35 am - 11:20 am | Aqua Cardio 1.3m | Main Pool Variable Depth (25m) |
| 10:40 am - 11:25 am | Body Blitz | Studio 1 |
| 11:35 am - 12:20 pm | Body Combat | Studio 1 |
| 11:35 am - 12:20 pm | Les Mills Shapes | Studio 2 |
| 12:15 pm - 1:00 pm | THE TRIP - Virtual | Studio 3 / Spin Studio |
| 12:30 pm - 1:15 pm | Cedi's Circuits | Studio 1 |
| 1:15 pm - 1:45 pm | VIRTUAL SPRINT | Studio 3 / Spin Studio |
| 1:15 pm - 2:15 pm | Young At Heart | Studio 2 |
| 4:30 pm - 5:00 pm | VIRTUAL GRIT STRENGTH | Studio 1 |
| 5:05 pm - 5:50 pm | Body Balance | Studio 2 |

| Time | Session | Facility |
|-------------------|----------------------|------------------------|
| 5:30 pm - 6:00 pm | VIRTUAL SPRINT | Studio 3 / Spin Studio |
| 5:55 pm - 6:40 pm | LES MILLS TONE | Studio 1 |
| 6:00 pm - 6:45 pm | Zumba | Studio 2 |
| 6:15 pm - 7:00 pm | Group Cycle | Studio 3 / Spin Studio |
| 6:50 pm - 7:35 pm | Strength Development | Studio 1 |
| 7:00 pm - 7:30 pm | LBT | Studio 2 |
| 7:15 pm - 8:00 pm | Group Cycle | Studio 3 / Spin Studio |
| 7:45 pm - 8:30 pm | Sh'Bam | Studio 1 |
| 7:45 pm - 8:45 pm | Pilates | Studio 2 |