

# Riverside Group Exercise Class Timetable

## Riverside Ice & Leisure Centre

Accurate as of 30/07/2024

### Times for Monday 5 August



| Time                | Session               | Facility                       |
|---------------------|-----------------------|--------------------------------|
| 6:10 am - 6:55 am   | Group Cycle           | Studio 3 / Spin Studio         |
| 6:15 am - 7:00 am   | Body Combat           | Studio 1                       |
| 6:20 am - 6:50 am   | MetCon                | Gym                            |
| 7:10 am - 7:50 am   | VIRTUAL GRIT STRENGTH | Studio 1                       |
| 8:15 am - 8:45 am   | VIRTUAL RPM           | Studio 3 / Spin Studio         |
| 8:30 am - 9:15 am   | Les Mills Shapes      | Studio 2                       |
| 9:00 am - 9:45 am   | Aqua Deep             | Main Pool Variable Depth (25m) |
| 9:35 am - 10:20 am  | GRIT & CORE           | Studio 1                       |
| 9:35 am - 10:20 am  | Group Cycle           | Studio 3 / Spin Studio         |
| 9:35 am - 10:20 am  | Sh'Bam                | Studio 2                       |
| 9:55 am - 10:25 am  | ARENA                 | Gym                            |
| 10:35 am - 11:20 am | THE TRIP - Virtual    | Studio 3 / Spin Studio         |
| 10:35 am - 11:20 am | Strength Development  | Studio 1                       |
| 10:45 am - 11:45 am | Fitness Yoga          | Studio 2                       |
| 11:35 am - 12:35 pm | Body Combat           | Studio 1                       |
| 12:00 pm - 12:45 pm | Aqua Cardio 1.3m      | Main Pool Variable Depth (25m) |
| 12:00 pm - 1:00 pm  | Pilates               | Studio 2                       |
| 12:15 pm - 1:00 pm  | VIRTUAL RPM           | Studio 3 / Spin Studio         |
| 12:45 pm - 1:30 pm  | Body Pump 45          | Studio 1                       |
| 1:05 pm - 1:50 pm   | Body Balance          | Studio 2                       |
| 1:15 pm - 1:45 pm   | VIRTUAL SPRINT        | Studio 3 / Spin Studio         |

| <b>Time</b>       | <b>Session</b>      | <b>Facility</b>        |
|-------------------|---------------------|------------------------|
| 2:00 pm - 2:45 pm | VIRTUAL RPM         | Studio 3 / Spin Studio |
| 4:00 pm - 5:00 pm | Move It             | Gym                    |
| 4:30 pm - 5:15 pm | Virtual Body Attack | Studio 1               |
| 5:30 pm - 6:15 pm | Body Combat         | Studio 1               |
| 5:40 pm - 6:25 pm | Dance Fever         | Studio 2               |
| 6:00 pm - 6:45 pm | Group Cycle         | Studio 3 / Spin Studio |
| 6:30 pm - 7:15 pm | Body Balance        | Studio 2               |
| 6:35 pm - 7:20 pm | ClubVibe Dance      | Studio 1               |
| 7:00 pm - 7:45 pm | Group Cycle         | Studio 3 / Spin Studio |
| 7:30 pm - 8:30 pm | Power Yoga          | Studio 2               |
| 7:30 pm - 8:30 pm | Body Pump           | Studio 1               |
| 8:00 pm - 8:45 pm | THE TRIP - Virtual  | Studio 3 / Spin Studio |