

Riverside Group Exercise Class Timetable

Riverside Ice & Leisure Centre

Accurate as of 16/09/2024

Times for Sunday 22 September



Time	Session	Facility
7:30 am - 8:15 am	VIRTUAL COMBAT	Studio 1
8:00 am - 8:45 am	Group Cycle	Studio 3 / Spin Studio
8:30 am - 9:15 am	BODY PUMP 45*	Studio 1
9:00 am - 9:45 am	Group Cycle	Studio 3 / Spin Studio
9:15 am - 10:00 am	Aqua Deep	Main Pool Variable Depth (25m)
9:15 am - 10:15 am	Yoga	Studio 2
9:25 am - 10:10 am	HIIT & CORE	Studio 1
10:00 am - 10:45 am	THE TRIP - Virtual	Studio 3 / Spin Studio
10:20 am - 11:05 am	Sh'Bam	Studio 1
10:30 am - 11:00 am	CORE	Gym
11:15 am - 12:00 pm	Body Balance	Studio 1
11:35 am - 12:30 pm	Yoga	Studio 2
12:00 pm - 1:00 pm	Move It	Gym
12:15 pm - 1:00 pm	VIRTUAL RPM	Studio 3 / Spin Studio
1:10 pm - 1:55 pm	VIRTUAL PUMP	Studio 1