

Riverside Group Exercise Class Timetable

Riverside Ice & Leisure Centre

Accurate as of 22/12/2024

Times for Wednesday 18 December



| Time | Session | Facility |
|---------------------|-------------------------|--------------------------------|
| 6:10 am - 6:55 am | Group Cycle | Studio 3 / Spin Studio |
| 6:20 am - 6:50 am | ARENA | Gym |
| 7:50 am - 8:20 am | VIRTUAL COMBAT | Studio 1 |
| 8:15 am - 8:45 am | VIRTUAL SPRINT | Studio 3 / Spin Studio |
| 9:00 am - 9:30 am | Bounce | Studio 1 |
| 9:35 am - 10:20 am | Group Cycle | Studio 3 / Spin Studio |
| 9:35 am - 10:30 am | Vinyasa Yoga (Advanced) | Studio 2 |
| 9:40 am - 10:25 am | Body Attack* | Studio 1 |
| 9:45 am - 10:15 am | ARENA | Gym |
| 10:00 am - 10:45 am | Aqua Tone 1.2m | Main Pool Variable Depth (25m) |
| 10:35 am - 11:35 am | Body Pump | Studio 1 |
| 10:40 am - 11:25 am | Body Balance | Studio 2 |
| 11:35 am - 12:30 pm | Pilates | Studio 2 |
| 11:45 am - 12:30 pm | HIIT & CORE | Studio 1 |
| 12:15 pm - 12:45 pm | VIRTUAL SPRINT | Studio 3 / Spin Studio |
| 1:15 pm - 2:15 pm | Young At Heart | Studio 2 |
| 4:00 pm - 5:00 pm | Move It | Gym |
| 5:30 pm - 6:15 pm | Sh'Bam | Studio 2 |
| 5:45 pm - 6:15 pm | Group Cycle | Studio 3 / Spin Studio |
| 5:45 pm - 6:30 pm | Body Combat | Studio 1 |
| 6:15 pm - 7:00 pm | Aqua Cardio 1.3m | Main Pool Variable Depth (25m) |

| Time | Session | Facility |
|-------------------|-----------------|--------------------------------|
| 6:25 pm - 7:10 pm | Box Fit | Studio 2 |
| 6:30 pm - 7:15 pm | THE TRIP - Live | Studio 3 / Spin Studio |
| 6:40 pm - 7:25 pm | Dance Fit | Studio 1 |
| 7:20 pm - 8:20 pm | Back To Yoga | Studio 2 |
| 7:30 pm - 8:15 pm | VIRTUAL RPM | Studio 3 / Spin Studio |
| 7:30 pm - 8:15 pm | Aqua Deep | Main Pool Variable Depth (25m) |
| 7:35 pm - 8:20 pm | Body Pump 45 | Studio 1 |