

# Riverside Group Exercise Timetable

## Riverside Leisure Centre

Accurate as of 22/12/2024

### Times for Tuesday 1 October



Time	Session	Facility
09:30 - 10:30	BodyStep™	Studio 1
09:30 - 10:30	Pilates	Studio 2
12:30 - 13:30	BodyPump™	Studio 1
17:00 - 18:00	Pilates	Studio 1
18:00 - 19:00	BodyStep™	Studio 1
18:00 - 19:00	BodyBalance™	Studio 2
19:00 - 20:00	BodyPump™	Studio 1