

# Riverside Group Exercise Timetable

## Riverside Leisure Centre

Accurate as of 22/12/2024

### Times for Thursday 10 October



Time	Session	Facility
09:15 - 10:00	Hiit Boxing	Studio 1
10:00 - 10:30	Les Mills Core	Studio 1
10:45 - 11:30	Dance Fitness	Studio 1
17:30 - 18:30	BodyCombat <sup>TM</sup>	Studio 1
18:30 - 19:30	BodyPump <sup>TM</sup>	Studio 1
19:30 - 20:30	Legs, Bums & Tums	Studio 1
20:00 - 20:45	AquaFit	Main Pool