

Riverside Group Exercise Timetable

Riverside Leisure Centre

Accurate as of 09/01/2025

Times for Monday 16 December



Time	Session	Facility
06:30 - 07:15	Indoor Cycling	Indoor Cycling Studio
09:30 - 10:30	BodyAttack TM	Studio 1
10:30 - 11:30	BodyPump TM	Studio 1
11:30 - 12:30	Yoga	Studio 2
11:45 - 12:45	AquaFit	Main Pool
17:00 - 18:00	Yoga	Studio 1
18:00 - 18:45	Indoor Cycling	Indoor Cycling Studio
18:00 - 19:00	BodyStep TM	Studio 1
19:00 - 19:45	BodyPump TM	Studio 1
19:45 - 20:45	BodyCombat TM	Studio 1