

Riverside Group Exercise Timetable

Riverside Leisure Centre

Accurate as of 09/01/2025

Times for Friday 20 December



| Time | Session | Facility |
|---------------|-------------------|-----------|
| 09:30 - 10:30 | BodyAttack ™ | Studio 1 |
| 10:30 - 11:30 | Yoga | Studio 2 |
| 10:30 - 11:30 | BodyPump ™ | Studio 1 |
| 11:30 - 12:30 | BodyBalance ™ | Studio 1 |
| 11:45 - 12:45 | AquaFit | Main Pool |
| 18:00 - 19:00 | Legs, Bums & Tums | Studio 1 |
| 19:00 - 20:00 | BodyBalance ™ | Studio 1 |