

Riverside Group Exercise Timetable

Riverside Leisure Centre

Accurate as of 05/02/2025

Times for Monday 13 January



| 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 |