

Riverside Group Exercise Timetable

Riverside Leisure Centre

Accurate as of 05/02/2025

Times for Wednesday 15 January



Time	Session	Facility
06:30 - 07:15	Indoor Cycling	Indoor Cycling Studio
09:30 - 10:15	AquaFit	Main Pool
09:30 - 10:30	Pilates	Studio 1
10:30 - 11:30	Low Impact Aerobics	Studio 1
11:30 - 12:30	Yoga	Studio 1
17:30 - 18:30	Yoga	Studio 1
18:15 - 19:00	Indoor Cycling	Indoor Cycling Studio
18:30 - 19:15	BodyPump™	Studio 1
19:00 - 19:45	Les Mills Shapes	Studio 2
19:15 - 19:45	Les Mills Core	Studio 1
20:00 - 20:45	BodyBalance™	Studio 1