

Riverside Group Exercise Timetable

Riverside Leisure Centre

Accurate as of 05/02/2025

Times for Friday 17 January



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