

Riverside Group Exercise Timetable

Riverside Leisure Centre

Accurate as of 05/02/2025

Times for Saturday 18 January



Time	Session	Facility
09:00 - 10:00	BodyCombat ™	Studio 1
10:00 - 11:00	BodyPump ™	Studio 1
11:15 - 12:15	BodyBalance ™	Studio 1
12:30 - 13:30	Yoga	Studio 1