

Riverside Group Exercise Timetable

Riverside Leisure Centre

Accurate as of 05/02/2025

Times for Sunday 19 January



Time	Session	Facility
08:30 - 09:15	Indoor Cycling	Indoor Cycling Studio
09:15 - 10:15	BodyAttack™	Studio 1
10:30 - 11:30	BodyBalance™	Studio 1