

Riverside Group Exercise Timetable

Riverside Leisure Centre

Accurate as of 05/02/2025

Times for Thursday 23 January



Time	Session	Facility
09:15 - 10:00	Hiit Boxing	Studio 1
10:00 - 10:30	Les Mills Core	Studio 1
10:45 - 11:30	Dance Fitness	Studio 1
17:30 - 18:30	BodyCombat TM	Studio 1
18:30 - 19:30	BodyPump TM	Studio 1
19:30 - 20:30	Legs, Bums & Tums	Studio 1
20:00 - 20:45	AquaFit	Main Pool