

Group Fitness Timetable

RIVERSIDE LEISURE CENTRE

MONDAY

Body Conditioning	07.15-08.00	Studio
✚ BODYSTEP™	09.30-10.30	Studio
✚ Pilates	09.30-10.30	MP2-1st Floor
✚ BODYPUMP™	10.30-11.30	Studio
✚ Salsacise	10.30-11.30	Sports Hall
✚ Pilates	10.30-11.30	MP2-1st Floor
✚ Yoga	11.30-12.30	MP2-1st Floor
Street Dance 4-6yrs	16.45-17.30	Studio
BODYATTACK™	18.00-19.00	Studio
BODYPUMP™	19.00-20.00	Studio
BODYCOMBAT™	20.00-21.00	Studio

TUESDAY

✚ Aquafit	09.30-10.15	Pool
✚ BODYCOMBAT™	09.30-10.30	Studio
✚ Aquanatal	10.30-11.15	Pool
✚ Legs Bums Tums	10.30-11.30	Studio
✚ Pilates (Intermediate)	12.00-13.00	MP2-1st Floor
✚ BODYATTACK™	12.30-13.30	Studio
Street Dance 7-11yrs	16.45-17.30	Studio
Core Conditioning	17.30-18.00	Studio
Yoga	17.30-18.30	MP2-1st Floor
BODYSTEP™	18.00-19.00	Studio
Legs Bums Tums	18.30-19.30	MP2-1st Floor
Aquafit	19.00-19.45	Pool
Body Conditioning	19.00-20.00	Studio
Pilates	19.30-20.30	MP2-1st Floor
BODYCOMBAT™	20.00-21.00	Studio

Wednesday

✚ BODYSTEP™	09.30-10.30	Studio
✚ Fit n Fifty + Badminton	09.30-10.30	Sports Hall
✚ Fit n Fifty +	10.30-11.30	Studio
✚ Zumba	12.30-13.30	Studio
Circuits	17.45-18.45	Sports Hall
Body Conditioning	17.45-18.45	Studio
Dance Fusion Workout	18.45-19.45	Studio
BODYBALANCE™	19.00-20.00	MP2-1st Floor
BODYPUMP™	19.45-20.45	Studio

THURSDAY

✚ Legs Bums Tums	09.30-10.30	Studio
✚ BODYSTEP™	10.30-11.30	Studio
✚ Pilates	10.30-11.30	MP2-1st Floor
✚ BODYPUMP™	12.30-13.30	Studio
✚ BODYCOMBAT™	17.30-18.30	Studio
Zumba	17.45-18.45	Sports Hall
Yoga	18.00-19.00	MP2-1st Floor
BODYATTACK™	18.30-19.30	Studio
Aquafit	19.00-19.45	Pool
Pilates	19.00-20.00	MP2-1st Floor
Legs Bums Tums	19.30-20.30	Studio

FRIDAY

✚ BODYATTACK™	09.30-10.30	Studio
✚ Pilates	09.30-10.30	MP2-1st Floor
✚ Fit n Fifty + Badminton	09.30-10.30	Sports Hall

FRIDAY (CONTINUED)

✚ BODYPUMP™	10.30-11.30	Studio
✚ Pre/Post Natal Pilates	10.30-11.30	MP2-1st Floor
✚ Aquafit	10.45-11.30	Pool
✚ BODYCOMBAT™/Pump Mix	17.00-18.00	Studio
BODYSTEP™	18.00-19.00	Studio
Circuits	17.45-18.45	Sports Hall

SATURDAY

BODYCOMBAT™	09.00-10.00	Studio
BODYPUMP™	10.00-11.00	Studio
BODYBALANCE™	11.00-12.00	MP2-1st Floor

SUNDAY

Street Dance 4-6yrs	09.00-09.45	Studio
Street Dance 6-8yrs	09.45-10.30	Studio
Street Dance 9+yrs	10.30-11.30	Studio
Deep Water Aqua	19.00-20.00	Pool

✚ - Crèche facility available