

Fitness Classes

Winter 2025

6th Jan to Easter Sunday
20th April 2025



Riversdale
Leisure Centre

TIME	CLASS NAME	COST	LOCATION	CAPACITY
Monday				
9.15am ~ 10am	Aqua Fit	£4.00	Main Pool	40
10.30am ~ 11.15am	Yoga	£4.00	Multi Functional Room	18
6pm ~ 6.45pm	Studio Cycling	£4.00	Spin Studio	20
6.15pm ~ 7pm	Yoga	£4.00	Multi Functional Room	18
7pm ~ 7.45pm	Bars & Bells	£4.00	Main Hall	40
8pm ~ 8.45pm	Aqua Fit	£4.00	Main Pool	40
8pm ~ 8.45pm	Breathwork	£4.00	Multi Functional Room	18
Tuesday				
9.15am ~ 10am	Aqua Fit	£4.00	Main Pool	40
9.30am ~ 10.15am	Pilates	£4.00	Multi Functional Room	18
10.30am ~ 11.15am	Fit 50+ Club S&C	£2.00	Main Hall	30
11.30am ~ 12.15pm	Yoga	£4.00	Multi Functional Room	18
12.30pm ~ 1.15pm	Cycling & Core	£4.00	Spin Studio	20
12.45pm ~ 1.30pm	Yoga	£4.00	Multi Functional Room	18
6pm ~ 6.45pm	Circuits	£4.00	Main Hall	30
6.15pm ~ 7pm	Yoga	£4.00	Multi Functional Room	18
7pm ~ 7.45pm	Studio Cycling	£4.00	Spin Studio	20
7pm ~ 7.45pm	Zumba	£4.00	Main Hall	30
7.30pm ~ 8.15pm	Pilates	£4.00	Multi Functional Room	18
8.30pm ~ 9.15pm	Pilates	£4.00	Multi Functional Room	18
Wednesday				
6.30am ~ 7.15am	Yoga	£4.00	Multi Functional Room	18
6.30am ~ 7.15am	Studio Cycling	£4.00	Spin Studio	20
7.30am ~ 8.15am	Pilates	£4.00	Multi Functional Room	18
9.15am ~ 10am	Aqua Fit	£4.00	Main Pool	40
10.30am ~ 11.15am	Yoga	£4.00	Multi Functional Room	18
12pm ~ 12.45pm	Flow	£4.00	Multi Functional Room	18
6pm ~ 6.45pm	Studio Cycling	£4.00	Spin Studio	20
7pm ~ 7.45pm	Core Conditioning	£4.00	Main Hall	40
8pm ~ 8.45pm	Aqua Fit	£4.00	Main Pool	40
8pm ~ 8.45pm	Mind Matters	£4.00	Multi Functional Room	23
Thursday				
9.15am ~ 10am	Aqua Fit	£4.00	Main Pool	40
10.30am ~ 11.15am	Fit 50+ Club	£2.00	Main Hall	30
11.30am ~ 12.15pm	Restorative Yoga	£4.00	Multi Functional Room	18
12.30pm ~ 1.15pm	Studio Cycling	£4.00	Spin Studio	20
6pm ~ 6.45pm	Studio Cycling	£4.00	Spin Studio	20
7pm ~ 7.45pm	Circuits	£4.00	Main Hall	30
7.30pm ~ 8.15pm	Studio Cycling	£4.00	Spin Studio	20
Friday				
6.30am ~ 7.15am	Pilates	£4.00	Multi Functional Room	18
9.15am ~ 10am	Aqua Fit	£4.00	Main Pool	40
10.30am ~ 11.15am	Restorative Yoga	£4.00	Multi Functional Room	18
12pm ~ 12.45pm	Strength & Conditioning	£4.00	Main Hall	30
Saturday				
9am ~ 9.45am	Circuits	£4.00	Main Hall	35
9.30am ~ 10.15am	Pilates	£4.00	Multi Functional Room	18
10am ~ 10.45am	Studio Cycling	£4.00	Spin Studio	20
10.30am ~ 11.15am	Pilates	£4.00	Multi Functional Room	18
11am ~ 11.45am	Studio Cycling for Beginners	£4.00	Spin Studio	20
11.30am ~ 12.15pm	Pilates	£4.00	Multi Functional Room	18
Sunday				
12.15pm ~ 1.00pm	Pilates	£4.00	Multi Functional Room	18
12.30pm ~ 1.15pm	Studio Cycling	£4.00	Spin Studio	20
1.15pm ~ 2.00pm	Pilates	£4.00	Multi Functional Room	18