

Fitness Classes

Spring 2025



Riversdale
Leisure Centre

TIME	CLASS NAME	COST	LOCATION
Monday			
9.15am - 10am	Aqua Fit	£4.00	Main Pool
10.30am - 11.15am	Yoga	£4.00	Multi Functional Room
6pm - 6.45pm	Studio Cycling	£4.00	Spin Studio
6.15pm - 7pm	Yoga	£4.00	Multi Functional Room
7pm - 7.45pm	Bars & Bells	£4.00	Main Hall
8pm - 8.45pm	Aqua Fit	£4.00	Main Pool
8pm - 8.45pm	Breathwork	£4.00	Multi Functional Room
Tuesday			
9.15am - 10am	Aqua Fit	£4.00	Main Pool
9.30am - 10.15am	Pilates	£4.00	Multi Functional Room
10.30am - 11.15am	Fit 50+ Club S&C	£2.00	Main Hall
11.30am - 12.15pm	Yoga	£4.00	Multi Functional Room
12.30pm - 1.15pm	Cycling & Core	£4.00	Spin Studio
12.45pm - 1.30pm	Yoga	£4.00	Multi Functional Room
6pm - 6.45pm	Circuits	£4.00	Main Hall
6.15pm - 7pm	Yoga	£4.00	Multi Functional Room
7pm - 7.45pm	Studio Cycling	£4.00	Spin Studio
7pm - 7.45pm	Zumba	£4.00	Main Hall
7.30pm - 8.15pm	Pilates Fusion	£4.00	Multi Functional Room
8.30pm - 9.15pm	Pilates Fusion	£4.00	Multi Functional Room
Wednesday			
6.30am - 7.15am	Yoga	£4.00	Multi Functional Room
6.30am - 7.15am	Studio Cycling	£4.00	Spin Studio
7.30am - 8.15am	Pilates	£4.00	Multi Functional Room
9.15am - 10am	Aqua Fit	£4.00	Main Pool
10.30am - 11.15am	Yoga	£4.00	Multi Functional Room
12pm - 12.45pm	Flow	£4.00	Multi Functional Room
6pm - 6.45pm	Studio Cycling	£4.00	Spin Studio
6.05pm - 6.50pm	Flow	£4.00	Multi Functional Room
7pm - 7.45pm	Core Conditioning	£4.00	Main Hall
8pm - 8.45pm	Aqua Fit	£4.00	Main Pool
8pm - 8.45pm	Mind Matters	£4.00	Multi Functional Room
Thursday			
9.15am - 10am	Aqua Fit	£4.00	Main Pool
10.30am - 11.15am	Fit 50+ Club	£2.00	Main Hall
11.30am - 12.15pm	Restorative Yoga	£4.00	Multi Functional Room
12.30pm - 1.15pm	Studio Cycling	£4.00	Spin Studio
6pm - 6.45pm	Studio Cycling	£4.00	Spin Studio
7pm - 7.45pm	Circuits	£4.00	Main Hall
Friday			
6.30am - 7.15am	Pilates	£4.00	Multi Functional Room
9.15am - 10am	Aqua Fit	£4.00	Main Pool
10.30am - 11.15am	Restorative Yoga	£4.00	Multi Functional Room
12pm - 12.45pm	Strength & Conditioning	£4.00	Main Hall
1pm - 1.45pm	Yin Yoga	£4.00	Multi Functional Room
Saturday			
9am - 9.45am	Circuits	£4.00	Main Hall
9.30am - 10.15am	Pilates	£4.00	Multi Functional Room
10am - 10.45am	Studio Cycling	£4.00	Spin Studio
10.30am - 11.15am	Pilates	£4.00	Multi Functional Room
11am - 11.45am	Studio Cycling for Beginners	£4.00	Spin Studio
11.30am - 12.15pm	Pilates	£4.00	Multi Functional Room
Sunday			
12.15pm - 1pm	Pilates Fusion	£4.00	Multi Functional Room
12.30pm - 1.15pm	Studio Cycling	£4.00	Spin Studio
1.15pm - 2pm	Pilates Fusion	£4.00	Multi Functional Room