

CLASS TIMETABLE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
RIVERSIDE SPIN 06:30-7:15	RIVERSIDE SPIN 06:15- 6:45	RIVERSIDE SPIN 06:30-7:15		GRIT 45 (HYROX) 06:15-07:00		
ZUMBA 09:15-10:15	BODYPUMP 07:00-7:45	LEGS BUMS & TUMS 09:15-10:00	YOGA FLOW 10:30-11:30	BODYCOMBAT 09:30-10:15	RIVERSIDE SPIN 8:30-9:15	
YOGA 10:30-11:30	BODYPUMP 09:30-10:30	BODYCOMBAT 10:15-11:00		BODYPUMP 10:30-11:15	BODYCOMBAT 09:20-10:05	YOGA 10:30-11:30
BODYPUMP 17:15-18:00	STEP 10:45-11:30	YOGA 11:15-12:15	HIIT 17:30-18:00			
					PLEASE BOOK CLASSES THROUGH THE RIVERSIDE APP	
RIVERSIDE SPIN 18:15-19:00		BODYCOMBAT 17:30-18:15	ZUMBA 18:30-19:15			
		YOGA BALANCE 18:20-18:50				