

Rivers Group Exercise

Evesham Leisure Centre

Accurate as of 23/11/2024

Times for Monday 25 November



Time	Session	Facility
09:15 - 10:15	Therapeutic Yoga	Studio 3
09:30 - 10:30	Eazy Fit	Studio 1
10:30 - 11:00	Metafit	Main Hall
10:30 - 11:30	Bums, Tums & Thighs	Studio 1
11:00 - 11:30	Ab Blast	Studio 3
11:30 - 12:15	H2O	Studio Pool (12.0m)
11:30 - 12:30	Les Mills BODYPUMP™	Studio 1
11:30 - 12:30	Yoga	Studio 3
12:15 - 13:00	H2O	Studio Pool (12.0m)
12:30 - 13:30	Pilates (Intermediates)	Studio 3
13:30 - 14:30	Pilates (Beginners)	Studio 3
16:00 - 16:45	Junior Gym	Gym
17:30 - 18:30	Les Mills BODYCOMBAT™	Studio 1
18:30 - 19:15	Shapes	Studio 2
18:30 - 19:30	Resistanz	Studio 1
19:30 - 20:00	HIIT FIT	Studio 1