

Rivers Group Exercise

Evesham Leisure Centre

Accurate as of 23/11/2024

Times for Friday 29 November



Time	Session	Facility
09:30 - 10:30	Pilates (Advanced)	Studio 3
09:30 - 10:30	Body Conditioning	Studio 1
10:30 - 11:30	Les Mills BODYCOMBAT™	Studio 1
10:30 - 11:30	Pilates (Beginners)	Studio 3
11:30 - 12:15	H2O	Studio Pool (12.0m)
12:00 - 13:00	Forever Active	Studio 1
16:30 - 17:15	Junior Gym	Gym
18:00 - 19:00	Circuits	Studio 1
19:00 - 20:00	Riverlution	Studio 1