

Rivers Group Exercise

Droitwich Spa Leisure Centre

Accurate as of 29/11/2024

Times for Friday 29 November



Time	Session	Facility
09:00 - 09:30	GRIT™ Strength	Studio 1
09:00 - 09:45	Shapes	Main Hall
09:30 - 10:00	Metafit	Studio 1
10:00 - 11:00	Eazy Fit	Main Hall
10:00 - 11:00	Riverlution	Studio 1
10:30 - 11:30	Pilates	Studio 2
17:00 - 18:00	Riverlution	Studio 1
18:00 - 19:00	Pilates	Studio 2
18:00 - 19:00	BODYPUMP™	Studio 1
18:00 - 19:00	CP Boxing	Main Hall
19:00 - 20:00	Circuits	Studio 1
19:00 - 20:30	Yoga	Studio 2