

Rivers Group Exercise

Droitwich Spa Leisure Centre

Accurate as of 30/11/2024

Times for Tuesday 3 December



Time	Session	Facility
09:00 - 10:00	BODYCOMBAT™	Studio 1
09:30 - 10:30	Power Hour	Main Hall
09:30 - 10:30	Pilates	Studio 2
10:00 - 11:00	Urban Rebound	Studio 1
10:30 - 11:30	Core & More	Main Hall
11:45 - 12:45	Pilates	Studio 2
18:00 - 19:00	BODYCOMBAT™	Studio 1
18:30 - 20:00	Yoga	Studio 2
19:00 - 19:30	Metafit	Studio 1
19:30 - 20:00	Kettle Bells	Studio 1