

# Rivers Group Exercise

## Droitwich Spa Leisure Centre

Accurate as of 30/11/2024

### Times for Wednesday 4 December



Time	Session	Facility
09:30 - 10:15	Bums, Tums & Thighs	Main Hall
09:30 - 10:30	BODYPUMP™	Studio 1
10:30 - 11:30	Eazy Fit	Main Hall
10:45 - 11:45	Yoga	Studio 2
11:00 - 12:00	Dancefit	Studio 1
18:00 - 19:00	BODYCOMBAT™	Studio 1
18:00 - 19:00	Pilates	Studio 2
19:00 - 20:00	Circuits	Main Hall
19:00 - 20:00	Zumba	Studio 1
19:15 - 20:15	Pilates	Studio 2