

# Rivers Group Exercise

## Droitwich Spa Leisure Centre

Accurate as of 30/11/2024

### Times for Thursday 5 December



Time	Session	Facility
09:00 - 10:00	Fit for Life	Main Hall
09:15 - 10:15	Urban Rebound	Studio 1
09:15 - 10:15	Yoga	Studio 2
10:30 - 11:30	Riverlution	Studio 1
17:45 - 18:45	Pilates	Studio 2
18:00 - 19:00	Riverlution	Studio 1
19:00 - 20:00	One Rep More	Studio 1
19:00 - 20:30	Yoga	Studio 2
20:00 - 20:45	Shapes	Studio 1