

# Rivers Group Exercise

## Pershore Leisure Centre

Accurate as of 14/11/2024

### Times for Monday 11 November



Time	Session	Facility
09:15 - 10:15	H2O	Main Pool
09:30 - 10:30	PowerMix	Main Hall
10:30 - 11:30	Eazy Fit	Main Hall
10:30 - 11:30	Riverlution	Studio
11:30 - 12:00	To The Core	Main Hall
11:30 - 12:30	Yoga	Studio
16:00 - 17:30	Junior Gym	Gym
17:00 - 18:00	Vinyasa Yoga	Studio
18:00 - 19:00	Body Conditioning	Studio
19:00 - 20:00	Shapes	Studio
19:00 - 20:00	PiYo	Main Hall
20:00 - 21:00	Riverlution	Studio