

# Rivers Group Exercise

## Pershore Leisure Centre

Accurate as of 13/11/2024

### Times for Thursday 14 November



Time	Session	Facility
09:15 - 10:15	H2O	Main Pool
09:15 - 10:15	Pilates	Studio
16:00 - 17:30	Junior Gym	Gym
17:00 - 18:00	Vinyasa Yoga	Studio
18:00 - 19:00	Yin Yoga	Studio
18:00 - 19:00	Zumba	Main Hall
19:00 - 20:00	PowerMix	Studio