

# Rivers Group Exercise

## Pershore Leisure Centre

Accurate as of 13/11/2024

### Times for Monday 18 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    |