

Rivers Group Exercise

Pershore Leisure Centre

Accurate as of 13/11/2024

Times for Tuesday 19 November



Time	Session	Facility
09:00 - 10:00	Dancefit	Main Hall
09:15 - 10:15	H2O	Main Pool
10:00 - 11:00	Bums, Tums & Thighs	Main Hall
10:00 - 11:00	Forever Active	Studio
11:00 - 12:00	Junior Gym	Gym
11:30 - 12:30	Forever Active	Studio
16:00 - 17:30	Junior Gym	Gym
18:00 - 19:00	Riverlution	Studio
19:00 - 20:00	Les Mills BODYPUMP™	Main Hall
19:00 - 20:00	On The Ball	Studio
20:00 - 21:00	Yoga	Studio