

Rivers Group Exercise

Pershore Leisure Centre

Accurate as of 14/11/2024

Times for Wednesday 20 November



Time	Session	Facility
09:15 - 10:15	Les Mills BODYCOMBAT™	Studio
10:30 - 11:30	Eazy Fit	Main Hall
10:30 - 11:30	Yoga	Studio
10:45 - 11:45	Pool Pilates	Main Pool
16:00 - 17:30	Junior Gym	Gym
17:00 - 18:00	Pilates	Studio
18:00 - 19:00	Pilates	Studio
18:00 - 19:00	Dancefit	Main Hall
19:00 - 20:00	Circuits	Main Hall
19:00 - 20:00	H2O	Main Pool
20:00 - 21:00	Riverlution	Studio