

Rivers Group Exercise

Pershore Leisure Centre

Accurate as of 26/11/2024

Times for Friday 29 November



Time	Session	Facility
09:15 - 10:15	H2O	Main Pool
09:30 - 10:30	Power Hour	Main Hall
10:30 - 11:00	CoreFit	Main Hall
11:30 - 12:30	Yoga	Studio
16:00 - 17:30	Junior Gym	Gym
17:30 - 18:30	Riverlution	Studio
18:30 - 19:30	Les Mills BODYPUMP™	Main Hall