

# Rivers Group Exercise

## Droitwich Spa Leisure Centre

Accurate as of 17/02/2019

### Times for Monday 22 October



Time	Session	Facility
09:30 - 10:30	Zumba	Main Hall
09:30 - 10:30	Pilates	Studio 2
09:30 - 10:30	Les Mills BODYPUMP™	Studio 1
10:30 - 11:30	Body Fusion	Studio 1
18:00 - 19:00	Les Mills BODYPUMP™	Studio 1
18:30 - 19:30	Pilates	Studio 2
19:00 - 20:00	Circuits	Main Hall
19:00 - 20:00	Riverlution	Studio 1
19:30 - 20:30	Pilates	Studio 2
20:00 - 20:45	Kettle Bells	Studio 1
20:45 - 21:15	Metafit	Studio 1