

# Rivers Group Exercise

## Evesham Leisure Centre

Accurate as of 19/05/2024

### Times for Tuesday 23 April



Time	Session	Facility
09:30 - 10:15	H2O	Studio Pool (12.0m)
09:30 - 10:30	PowerMix	Studio 1
10:30 - 11:30	Riverlution	Studio 1
10:30 - 11:30	Power Pilates	Studio 3
11:30 - 12:30	Yoga	Studio 3
12:00 - 13:00	Forever Active	Studio 1
12:30 - 13:15	Aqua Circuits	Studio Pool (12.0m)
17:00 - 18:00	Riverlution	Studio 1
18:00 - 19:00	Body Conditioning	Studio 1
18:00 - 19:00	Pilates (All Abilities)	Studio 3
19:00 - 20:00	Les Mills BODYPUMP™	Studio 1
19:00 - 20:00	Pilates (All Abilities)	Studio 3
20:00 - 21:00	Tai Chi	Studio 3