

Rivers Group Exercise

Evesham Leisure Centre

Accurate as of 18/05/2024

Times for Wednesday 24 April



Time	Session	Facility
09:30 - 10:30	HIIT Step	Studio 1
09:30 - 10:30	Zumba	Studio 3
10:30 - 11:30	Les Mills BODYPUMP™	Studio 1
11:00 - 11:45	H2O	Studio Pool (12.0m)
11:30 - 12:30	Yoga	Studio 3
11:45 - 12:30	H2O	Studio Pool (12.0m)
16:00 - 16:45	Junior Gym	Gym
17:00 - 18:00	Circuits	Main Hall
17:30 - 18:30	Yoga	Studio 3
18:00 - 19:00	Circuits	Main Hall
18:30 - 19:30	Yoga	Studio 3
19:00 - 20:00	Riverlution	Studio 1
19:30 - 20:15	H2O	Main Pool (25.0m)
19:30 - 20:30	Zumba	Studio 3