

Rivers Group Exercise

Evesham Leisure Centre

Accurate as of 05/05/2026

Times for Thursday 7 May



Time	Session	Facility
08:00 - 08:45	Aqua Zumba	Studio Pool (12.0m)
09:00 - 10:00	Eazy Fit	Studio 1
09:00 - 10:00	Chair Yoga	Studio 3
10:00 - 11:00	Group Cycle	Studio 1
11:00 - 12:00	Yoga	Studio 3
17:00 - 17:30	Kettle Bells Blast	Studio 1
17:00 - 18:00	Shapes	Studio 3
17:30 - 18:00	Ab Blast	Studio 1
18:00 - 18:45	Les Mills RPM™	Studio 1
18:00 - 19:00	Yoga	Studio 3
18:00 - 19:00	Circuits	Studio 2
19:00 - 20:00	Les Mills BODYPUMP™	Studio 1
19:15 - 20:15	Zumba	Studio 3