

# Rivers Group Exercise

## Evesham Leisure Centre

Accurate as of 19/06/2026

### Times for Wednesday 24 June



| Time          | Session               | Facility            |
|---------------|-----------------------|---------------------|
| 09:30 - 10:30 | HIIT Step             | Studio 1            |
| 09:30 - 10:30 | Zumba                 | Studio 3            |
| 10:30 - 11:30 | Shapes                | 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           |
| 17:15 - 18:15 | Group Cycle           | Studio 1            |
| 17:30 - 18:30 | Yoga                  | Studio 3            |
| 18:00 - 19:00 | Les Mills BODYCOMBAT™ | Studio 2            |
| 18:15 - 19:15 | Group Cycle           | Studio 1            |
| 18:30 - 19:30 | Yoga                  | Studio 3            |
| 19:30 - 20:15 | H2O                   | Main Pool (25.0m)   |