

Rivers Group Exercise

Evesham Leisure Centre

Accurate as of 03/08/2026

Times for Friday 7 August			
Time	Session	Facility	
09:30 - 10:30	Pilates (Advanced)	Studio 3	
09:30 - 10:30	Body Conditioning	Studio 1	
10:30 - 11:30	Les Mills BODYCOMBAT™	Studio 1	
10:30 - 11:30	Pilates (Beginners)	Studio 3	
11:30 - 12:00	Body Pump Express	Studio 1	
11:30 - 12:15	H2O	Studio Pool (12.0m)	
12:00 - 12:30	Ab Blast	Studio 3	
12:10 - 13:00	Forever Active	Studio 1	
16:30 - 17:15	Junior Gym	Gym	
17:30 - 18:30	Circuits	Studio 1	
18:30 - 19:30	Group Cycle	Studio 1	