Rivers Group Exercise

Evesham Leisure Centre

Accurate as of 24/11/2026

Times for Friday 13 November

Time	Session	Facility
06:45 - 07:30	Group Cycle	Studio 1
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)
12:10 - 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