# Rivers Group Exercise

## Evesham Leisure Centre

**Accurate as of 24/11/2026**

### Times for Tuesday 24 November

| Time | Session | Facility |
|---|---|---|
| 06:45 - 07:30 | Kettle Bells | Studio 1 |
| 09:30 - 10:15 | H2O | Studio Pool (12.0m) |
| 09:30 - 10:30 | PowerMix | Studio 1 |
| 10:30 - 11:15 | Aqua Zumba | Studio Pool (12.0m) |
| 10:30 - 11:30 | Group Cycle | Studio 1 |
| 10:30 - 11:30 | Power Pilates | Studio 3 |
| 11:30 - 12:30 | Yoga | Studio 3 |
| 12:00 - 13:00 | Forever Active | Studio 1 |
| 12:30 - 13:15 | Aqua Circuits | Studio Pool (12.0m) |
| 17:00 - 18:00 | Group Cycle | Studio 1 |
| 18:00 - 19:00 | Body Conditioning | Studio 1 |
| 18:00 - 19:00 | Pilates Beginners/Intermediate | Studio 3 |
| 19:00 - 20:00 | Les Mills BODYPUMP™ | Studio 1 |
| 19:00 - 20:00 | Pilates Advanced | Studio 3 |