Rivers Group Exercise

Evesham Leisure Centre

Accurate as of 24/11/2026

Times for Monday 30 November

Time	Session	Facility
06:45 - 07:30	Body Pump Express	Studio 1
09:15 - 10:15	Therapeutic Yoga	Studio 3
09:30 - 10:30	Eazy Fit	Studio 1
10:30 - 11:00	HIIT FIT	Studio 3
10:30 - 11:30	Bums, Tums & Thighs	Studio 1
11:00 - 11:30	Ab Blast	Studio 3
11:30 - 12:15	H2O	Studio Pool (12.0m)
11:30 - 12:30	Yoga	Studio 3
12:15 - 13:00	H2O	Studio Pool (12.0m)
12:30 - 13:30	Pilates (Intermediates)	Studio 3
13:30 - 14:30	Pilates (Beginners)	Studio 3
16:00 - 16:45	Junior Gym	Gym
17:00 - 18:00	Group Cycle	Studio 1
18:00 - 19:00	Les Mills BODYCOMBAT™	Studio 1
19:00 - 19:45	Shapes	Studio 3
19:00 - 20:00	Zumba Toning	Studio 1