

Rivers Group Exercise

Droitwich Spa Leisure Centre

Accurate as of 12/06/2026

Times for Friday 12 June



Time	Session	Facility
09:00 - 09:30	GRIT™ Strength	Studio 2
09:00 - 09:45	Shapes	Marquee
09:30 - 10:00	Metafit	Studio 2
10:00 - 11:00	Group Cycle	Squash Court 2
10:00 - 11:00	Eazy Fit	Studio 2
11:00 - 12:00	Pilates	Studio 2
17:00 - 18:00	Pilates	Studio 2
18:00 - 19:00	CP Boxing	Marquee
18:00 - 19:00	Pilates	Squash Court 2
18:00 - 19:00	BODYPUMP™	Studio 2
19:00 - 20:00	Circuits	Marquee
19:00 - 20:30	Yoga	Studio 2