

Rivers Group Exercise

Droitwich Spa Leisure Centre

Accurate as of 12/06/2026

Times for Tuesday 16 June



Time	Session	Facility
09:00 - 10:00	Body Combat	Studio 1
09:30 - 10:30	Pilates	Studio 2
09:30 - 10:30	Power Hour	Main Hall
10:00 - 10:45	Urban Rebound	Studio 1
10:30 - 11:30	Core & More	Main Hall
11:45 - 12:45	Pilates	Studio 2
17:00 - 18:00	Ab Blast	Studio 1
18:00 - 19:00	Body Combat	Studio 1
18:30 - 20:00	Yoga	Studio 2
19:00 - 19:30	Metafit	Squash Court 2
19:30 - 20:00	Kettle Bells	Squash Court 2