

Rivers Group Exercise

Droitwich Spa Leisure Centre

Accurate as of 12/06/2026

Times for Thursday 18 June



Time	Session	Facility
09:15 - 10:15	Yoga	Studio 2
09:15 - 10:15	Urban Rebound	Studio 1
10:30 - 11:30	Fit for Life	Main Hall
10:30 - 11:30	Group Cycle	Studio 1
17:00 - 17:45	Urban Rebound	Studio 1
17:45 - 18:45	Pilates	Studio 2
18:00 - 19:00	Group Cycle	Studio 1
19:00 - 20:00	One Rep More	Studio 1
19:00 - 20:30	Yoga	Studio 2
20:00 - 21:00	Shapes	Studio 1