

Rivers Group Exercise

Droitwich Spa Leisure Centre

Accurate as of 27/07/2026

Times for Monday 27 July			
Time	Session	Facility	
09:00 - 10:00	Fit for Life	Main Hall	
09:30 - 10:30	Body Pump	Studio 1	
09:30 - 10:30	Yoga	Studio 2	
10:30 - 11:30	Body Fusion	Studio 1	
17:20 - 17:50	GRIT™ Cardio	Studio 1	
18:00 - 19:00	Clubbercise	Main Hall	
18:00 - 19:00	BODYPUMP™	Studio 1	
18:30 - 19:30	Yoga	Studio 2	
19:00 - 20:00	Circuits	Main Hall	
19:00 - 20:00	Group Cycle	Studio 1	