

Rivers Group Exercise

Droitwich Spa Leisure Centre

Accurate as of 27/07/2026

Times for Tuesday 28 July			
Time	Session	Facility	
09:00 - 10:00	BODYCOMBAT™	Studio 1	
09:30 - 10:30	Pilates	Studio 2	
09:30 - 10:30	Power Hour	Main Hall	
10:00 - 11:00	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	BODYCOMBAT™	Studio 1	
18:30 - 20:00	Yoga	Studio 2	
19:00 - 19:30	Metafit	Studio 1	
19:30 - 20:00	Kettle Bells	Studio 1	