

Rivers Group Exercise

Droitwich Spa Leisure Centre

Accurate as of 27/07/2026

Times for Thursday 30 July			
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 - 18:00	Urban Rebound	Studio 1	
17:45 - 18:45	Pilates	Studio 2	
18:00 - 19:00	Group Cycle	Studio 1	
19:00 - 20:00	Shapes	Main Hall	
19:00 - 20:00	One Rep More	Studio 1	
19:00 - 20:30	Yoga	Studio 2	