

Rivers Group Exercise

Droitwich Spa Leisure Centre

Accurate as of 13/09/2026

Times for Monday 14 September



Time	Session	Facility
06:45 - 07:30	Yoga	Studio 2
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