

Rivers Group Exercise

Droitwich Spa Leisure Centre

Accurate as of 13/09/2026

Times for Wednesday 16 September



Time	Session	Facility
06:45 - 07:30	Group Cycle	Studio 1
09:30 - 10:30	BODYPUMP™	Studio 1
09:30 - 10:30	Bums, Tums & Thighs	Main Hall
10:30 - 11:30	Eazy Fit	Main Hall
10:45 - 11:45	Yin Yoga	Studio 2
10:45 - 11:45	Dancefit	Studio 1
18:00 - 19:00	Pilates	Studio 2
18:00 - 19:00	BODYCOMBAT™	Studio 1
19:00 - 20:00	Pilates	Studio 2
19:00 - 20:00	Zumba	Studio 1
19:00 - 20:00	Circuits	Main Hall