

Rivers Group Exercise

Droitwich Spa Leisure Centre

Accurate as of 13/09/2026

Times for Thursday 17 September

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