

Rivers Group Exercise

Droitwich Spa Leisure Centre

Accurate as of 13/09/2026

Times for Friday 18 September



Time	Session	Facility
09:00 - 09:30	GRIT™ Strength	Studio 1
09:00 - 10:00	Shapes	Main Hall
09:30 - 10:00	Metafit	Studio 1
10:00 - 11:00	Group Cycle	Studio 1
10:00 - 11:00	Eazy Fit	Main Hall
11:00 - 12:00	Pilates	Studio 2
17:00 - 18:00	Pilates	Studio 1
18:00 - 19:00	CP Boxing	Main Hall
18:00 - 19:00	Pilates	Studio 2
19:00 - 20:00	BODYPUMP™	Studio 1
19:00 - 20:00	Circuits	Studio 1
19:00 - 20:30	Yoga	Studio 2