

Rivers Group Exercise

Droitwich Spa Leisure Centre

Accurate as of 13/09/2026

Times for Saturday 19 September

Time	Session	Facility
08:45 - 09:15	GRIT™ Cardio	Studio 1
09:30 - 10:30	Body Pump	Studio 1
09:30 - 10:30	Yoga	Studio 2