

Rivers Group Exercise

Pershore Leisure Centre

Accurate as of 25/05/2026

Times for Friday 29 May



Time	Session	Facility
09:15 - 10:15	H2O	Main Pool
09:15 - 10:15	Bums, Tums & Thighs	Main Hall
09:30 - 10:15	Body Pump	Studio
10:15 - 11:15	Eazy Fit	Main Hall
10:30 - 11:00	Ab Blast	Studio
11:30 - 12:30	Yoga	Studio
16:00 - 17:30	Junior Gym	Gym
17:30 - 18:30	Group Cycle	Studio
18:30 - 19:30	Les Mills BODYPUMP™	Studio