

Rivers Group Exercise

Pershore Leisure Centre

Accurate as of 24/07/2026

Times for Friday 24 July			
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	