

Rivers Group Exercise

Pershore Leisure Centre

Accurate as of 21/09/2026

Times for Wednesday 23 September			
Time	Session	Facility	
09:15 - 10:15	Les Mills BODYCOMBAT™	Studio	
10:30 - 11:30	Yoga	Studio	
10:30 - 11:30	Body Pump Express	Main Hall	
16:00 - 17:30	Junior Gym	Gym	
17:00 - 18:00	Pilates	Studio	
18:00 - 19:00	Pilates	Studio	
18:00 - 19:00	Zumba	Main Hall	
19:00 - 20:00	H2O	Main Pool	
20:00 - 21:00	Group Cycle	Studio	