

Rivers Group Exercise

Pershore Leisure Centre

Accurate as of 23/09/2026

Times for Monday 28 September			
Time	Session	Facility	
09:15 - 10:15	H2O	Main Pool	
09:30 - 10:30	PowerMix	Main Hall	
10:15 - 11:15	Forever Active	Studio	
10:30 - 11:30	Eazy Fit	Main Hall	
11:30 - 12:30	Yoga	Studio	
16:00 - 17:30	Junior Gym	Gym	
17:00 - 18:00	Yoga	Studio	
18:00 - 19:00	Body Conditioning	Studio	
19:00 - 20:00	Shapes	Studio	
20:00 - 21:00	Group Cycle	Studio	