Rivers Group Exercise

Pershore Leisure Centre

Accurate as of 08/11/2026

Times for Thursday 12 November

Time	Session	Facility
09:00 - 10:00	Bums, Tums & Thighs	Main Hall
09:15 - 10:15	H2O	Main Pool
10:00 - 11:00	Eazy Fit	Main Hall
10:30 - 11:30	Pilates	Studio
11:30 - 12:30	Les Mills Pilates	Studio
12:30 - 13:30	Chair Yoga	Studio
16:00 - 17:30	Junior Gym	Gym
17:00 - 18:00	Vinyasa Yoga	Studio
18:00 - 19:00	Yin Yoga	Studio
18:00 - 19:00	Zumba	Main Hall