Rivers Group Exercise

Pershore Leisure Centre

Accurate as of 08/11/2026

Times for Friday 13 November

Time	Session	Facility
09:15 - 10:15	H2O	Main Pool
09:30 - 10:15	Body Pump	Studio
10:30 - 11:00	Body Combat	Studio
10:45 - 11:45	Pilates	Main Hall
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