Rivers Group Exercise

Pershore Leisure Centre

Accurate as of 22/11/2026

Times for Monday 23 November

Time	Session	Facility
09:15 - 10:15	H2O	Main Pool
09:30 - 10:30	PowerMix	Studio
10:30 - 11:30	Eazy Fit	Main Hall
10:30 - 11:30	Forever Active	Studio
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