

# Group Exercise Timetable

## Perdiswell Leisure Centre

Accurate as of 16/10/2021

### Times for Monday 20 September



Time	Session	Facility	Level
6:30 am - 7:15 am	freedom indoor cycling	Spin Studio	
6:45 am - 7:15 am	omnia HIIT	Gym	all levels
8:00 am - 8:45 am	aqua aerobics	Multi Use Pool	all levels
9:15 am - 10:15 am	body pump	Fitness Studio 3	all levels
9:30 am - 10:00 am	omnia HIIT	Gym	all levels
10:30 am - 11:15 am	body combat	Sports Hall	all levels
12:15 pm - 1:00 pm	sh'bam	Fitness Studio 3	all levels
5:30 pm - 6:00 pm	omnia HIIT	Gym	all levels
6:00 pm - 6:30 pm	GRIT cardio	Fitness Studio 3	
6:00 pm - 6:45 pm	RPM	Spin Studio	all levels
6:15 pm - 7:00 pm	body balance	Fitness Studio 1	all levels
6:30 pm - 7:15 pm	Kettlebells	Gym	
6:45 pm - 7:45 pm	body pump	Fitness Studio 3	all levels
7:15 pm - 7:45 pm	les mills sprint	Spin Studio	
7:45 pm - 8:45 pm	pilates	Fitness Studio 1	
8:00 pm - 9:00 pm	body combat	Fitness Studio 3	all levels