

Group Exercise Timetable

Perdiswell Leisure Centre

Accurate as of 29/11/2021

Times for Sunday 26 September



Time	Session	Facility	Level
9:00 am - 10:00 am	body pump	Fitness Studio 3	
9:15 am - 10:00 am	pilates	Fitness Studio 1	
10:00 am - 10:30 am	omnia HIIT	Gym	
10:00 am - 11:00 am	body combat	Sports Hall	
10:15 am - 11:00 am	beginners pilates	Fitness Studio 1	beginner
11:30 am - 12:15 pm	sh'bam	Sports Hall	
5:00 pm - 6:00 pm	body balance	Fitness Studio 3	