

Group Exercise Timetable

Perdiswell Leisure Centre

Accurate as of 26/04/2024

Times for Tuesday 19 October



Time	Session	Facility	Level
9:30 am - 10:15 am	Legs, Bums & Tums	Sports Hall	
10:00 am - 10:45 am	Body Pump	Fitness Studio 3	
10:30 am - 11:00 am	Body Combat Technique	Fitness Studio 2	
10:30 am - 11:15 am	Zumba	Sports Hall	
11:30 am - 12:15 pm	Pilates	Fitness Studio 3	
12:15 pm - 1:00 pm	Aqua Aerobics	Multi Use Pool	
5:30 pm - 6:00 pm	Omnia HIIT	Gym	
6:00 pm - 6:30 pm	GRIT Strength	Fitness Studio 3	
6:15 pm - 7:05 pm	Core	Fitness Studio 1	
7:00 pm - 7:50 pm	Freedom Bootcamp	Sports Hall	
7:15 pm - 8:00 pm	RPM	Spin Studio	
7:15 pm - 8:00 pm	Belly Dance Fit	Fitness Studio 1	
7:30 pm - 8:30 pm	Yoga	Fitness Studio 2	
8:15 pm - 9:00 pm	Aqua Zumba	Multi Use Pool	