

Group Exercise Timetable

Perdiswell Leisure Centre

Accurate as of 20/04/2024

Times for Thursday 21 October



Time	Session	Facility	Level
6:45 am - 7:15 am	Body Combat	Fitness Studio 3	
9:15 am - 10:00 am	Aqua Zumba	Multi Use Pool	
9:30 am - 10:15 am	Body Attack	Fitness Studio 3	
10:30 am - 11:00 am	Kettlebells	Fitness Studio 3	
10:45 am - 11:45 am	Yoga	Fitness Studio 2	
11:15 am - 12:15 pm	Body Pump	Fitness Studio 3	
5:45 pm - 6:30 pm	LIFT	Gym	
6:00 pm - 6:45 pm	PiYo	Fitness Studio 2	
6:00 pm - 7:00 pm	Body Attack	Fitness Studio 3	
7:00 pm - 7:30 pm	Les Mills Sprint	Spin Studio	
7:00 pm - 7:45 pm	POUND	Fitness Studio 3	
7:00 pm - 8:00 pm	Salsa Fitness	Fitness Studio 1	
7:15 pm - 8:00 pm	Aqua Aerobics	Multi Use Pool	