

# Group Exercise Timetable

## Perdiswell Leisure Centre

Accurate as of 03/05/2024

| Times for Friday 22 October |                         |                  |       |
|-----------------------------|-------------------------|------------------|-------|
| Time                        | Session                 | Facility         | Level |
| 9:00 am - 9:30 am           | Omnia HIIT              | Gym              |       |
| 9:30 am - 10:00 am          | GRIT Strength           | Fitness Studio 3 |       |
| 9:30 am - 10:30 am          | Body Balance            | Fitness Studio 2 |       |
| 10:30 am - 11:15 am         | Body Conditioning Class | Sports Hall      |       |
| 10:30 am - 11:15 am         | Pilates                 | Fitness Studio 3 |       |
| 1:45 pm - 2:30 pm           | Aqua Aerobics           | Multi Use Pool   |       |
| 6:00 pm - 6:45 pm           | Les Mills Dance         | Sports Hall      |       |
| 6:15 pm - 7:00 pm           | SH'BAM™                 | Fitness Studio 3 |       |
| 6:15 pm - 7:15 pm           | Body Balance            | Fitness Studio 1 |       |