

# Group Exercise Timetable

## Perdiswell Leisure Centre

Accurate as of 04/05/2024

### Times for Sunday 24 October



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	
9:30 am - 10:20 am	VIRTUAL Les mills RPM	Spin Studio	
10:00 am - 11:00 am	Body Combat	Sports Hall	
10:15 am - 11:00 am	Beginners Pilates	Fitness Studio 1	beginner
5:00 pm - 6:00 pm	Body Balance	Fitness Studio 3	