

# Group Exercise Timetable

## Perdiswell Leisure Centre

Accurate as of 10/04/2024

### Times for Tuesday 31 January



Time	Session	Facility	Level
6:45 am - 7:15 am	Omnia HIIT	Gym	
9:30 am - 10:00 am	Omnia HIIT	Gym	
9:30 am - 10:00 am	GRIT Cardio	Fitness Studio 2	
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 - 11:15 am	Zumba	Sports Hall	
11:30 am - 12:15 pm	Pilates	Fitness Studio 3	
12:45 pm - 1:30 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	
6:30 pm - 7:15 pm	RPM	Spin Studio	
6:45 pm - 7:45 pm	Body Attack	Fitness Studio 3	
7:30 pm - 8:30 pm	Yoga	Fitness Studio 2	
8:15 pm - 9:00 pm	Aqua Zumba	Multi Use Pool	