

Group Exercise Timetable

Perdiswell Leisure Centre

Accurate as of 29/03/2023

Times for Friday 3 February



Time	Session	Facility	Level
6:45 am - 7:15 am	Omnia HIIT	Gym	
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	
10:10 am - 10:30 am	Core	Gym	
10:30 am - 11:15 am	Body Conditioning Class	Sports Hall	
10:30 am - 11:15 am	Pilates	Fitness Studio 3	
11:00 am - 11:45 am	Stronger for Longer 50+	Gym	
1:45 pm - 2:30 pm	Aqua Aerobics	Multi Use Pool	
6:00 pm - 6:45 pm	SH'BAM™	Sports Hall	
6:15 pm - 7:15 pm	Body Balance	Fitness Studio 1	