

Group Exercise Timetable

Perdiswell Leisure Centre

Accurate as of 30/05/2023

Times for Wednesday 8 February



Time	Session	Facility	Level
6:45 am - 7:15 am	Body Pump	Fitness Studio 3	
9:30 am - 10:15 am	Body Combat	Sports Hall	
9:30 am - 10:30 am	Beginners Yoga	Fitness Studio 3	
10:30 am - 11:15 am	Body Conditioning Class	Sports Hall	
6:00 pm - 6:45 pm	Kettlebells	Gym	
6:00 pm - 7:00 pm	Body Balance	Fitness Studio 1	
6:00 pm - 7:00 pm	Body Pump	Fitness Studio 3	
7:00 pm - 7:45 pm	Pilates	Fitness Studio 1	
7:00 pm - 7:45 pm	Beginners Gym Club	Gym	
7:00 pm - 8:00 pm	Body Combat	Fitness Studio 3	
8:00 pm - 8:45 pm	SH'BAM™	Fitness Studio 3	
8:00 pm - 8:45 pm	Boxercise	Fitness Studio 1	