

# Group Exercise Timetable

## Perdiswell Leisure Centre

Accurate as of 13/05/2025

Times for Saturday 1 April			
Time	Session	Facility	Level
8:00 am - 9:00 am	Yoga	Fitness Studio 1	
8:30 am - 9:00 am	GRIT Athletic	Fitness Studio 3	
9:15 am - 10:00 am	Body Attack	Fitness Studio 3	
9:15 am - 10:00 am	Coach by Colour Indoor Cycling	Spin Studio	
9:30 am - 10:00 am	Omnia HIIT	Gym	
9:30 am - 10:15 am	Boxercise	Fitness Studio 1	
10:15 am - 10:45 am	LIFT	Gym	
10:30 am - 11:15 am	Pilates	Fitness Studio 1	
10:30 am - 11:30 am	Zumba	Fitness Studio 3	