

# Group Exercise Timetable

## Perdiswell Leisure Centre

Accurate as of 13/05/2025

| Times for Sunday 2 April |                       |                  |          |  |
|--------------------------|-----------------------|------------------|----------|-------------------------------------------------------------------------------------|
| 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 |                                                                                     |