

Group Exercise Timetable

Perdiswell Leisure Centre

Accurate as of 10/04/2024

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	