

Group Exercise Timetable

Perdiswell Leisure Centre

Accurate as of 03/05/2024

Times for Wednesday 5 April



Time	Session	Facility	Level
6:45 am - 7:15 am	Body Pump	Fitness Studio 3	
9:00 am - 9:30 am	GRIT Cardio	Fitness Studio 2	
9:30 am - 10:15 am	Body Combat	Sports Hall	
9:30 am - 10:30 am	Beginners Yoga	Fitness Studio 3	
9:45 am - 10:15 am	Omnia HIIT	Gym	
10:30 am - 11:15 am	Body Conditioning Class	Sports Hall	
1:30 pm - 2:15 pm	Pilates	Fitness Studio 3	
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 - 8:00 pm	Body Combat	Fitness Studio 3	
8:00 pm - 8:45 pm	Les Mills Dance	Fitness Studio 3	
8:00 pm - 8:45 pm	Boxercise	Fitness Studio 1	