

Group Exercise Timetable

Perdiswell Leisure Centre

Accurate as of 21/06/2025

| Times for Saturday 8 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 | |