

Group Exercise Timetable

Perdiswell Leisure Centre

Accurate as of 18/05/2024

Times for Monday 22 April



Time	Session	Facility	Level
6:30 am - 7:00 am	VIRTUAL Les mills RPM	Spin Studio	
6:45 am - 7:15 am	Omnia HIIT	Gym	all levels
8:00 am - 8:45 am	Aqua Aerobics	Multi Use Pool	
9:15 am - 10:15 am	Body Pump	Fitness Studio 3	all levels
9:30 am - 10:00 am	Omnia HIIT	Gym	all levels
9:30 am - 10:15 am	VIRTUAL Les Mills Trip	Spin Studio	
10:10 am - 10:30 am	Core	Gym	
10:30 am - 11:15 am	Beginners Gym Club	Gym	
10:30 am - 11:30 am	Body Combat	Fitness Studio 3	
10:45 am - 11:30 am	Ladies Who Lift	Gym	
12:30 pm - 1:00 pm	VIRTUAL Les Mills Sprint	Spin Studio	
12:30 pm - 1:15 pm	Beginners Yoga	Fitness Studio 3	
5:00 pm - 5:30 pm	VIRTUAL Les Mills Sprint	Spin Studio	
5:45 pm - 6:45 pm	Body Combat	Fitness Studio 3	all levels
6:00 pm - 6:30 pm	GRIT Cardio	Fitness Studio 2	
6:00 pm - 6:45 pm	RPM	Spin Studio	all levels
6:00 pm - 6:45 pm	HYROX	Gym	
6:15 pm - 7:15 pm	Body Balance	Fitness Studio 1	all levels
6:40 pm - 7:10 pm	Les Mills CORE™	Fitness Studio 2	
6:45 pm - 7:45 pm	Body Pump	Fitness Studio 3	all levels
7:00 pm - 7:30 pm	Les Mills Sprint	Spin Studio	

Time	Session	Facility	Level
7:20 pm - 8:10 pm	Pilates	Fitness Studio 2	
7:30 pm - 8:20 pm	Les Mills Dance	Fitness Studio 1	
8:30 pm - 9:15 pm	VIRTUAL Body Attack	Spin Studio	