

# Group Exercise Timetable

## Perdiswell Leisure Centre

Accurate as of 18/05/2024

### Times for Wednesday 24 April



Time	Session	Facility	Level
6:30 am - 7:00 am	VIRTUAL Les Mills Sprint	Spin Studio	
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 - 10:15 am	VIRTUAL Les Mills Trip	Spin Studio	
9:30 am - 10:30 am	Beginners Yoga	Fitness Studio 3	
9:45 am - 10:15 am	Omnia HIIT	Gym	
10:20 am - 10:50 am	Stretch and Flex	Fitness Studio 2	
10:30 am - 11:15 am	Body Conditioning Class	Sports Hall	
11:00 am - 11:45 am	Les Mills SHAPES	Fitness Studio 3	
12:30 pm - 1:15 pm	VIRTUAL Les Mills Trip	Spin Studio	
12:30 pm - 1:30 pm	Meno-pause and relax	Fitness Studio 2	
1:30 pm - 2:15 pm	Pilates	Fitness Studio 3	
2:45 pm - 3:15 pm	Aqua HIIT	Multi Use Pool	
5:30 pm - 6:00 pm	GRIT Athletic	Fitness Studio 2	
6:00 pm - 6:45 pm	HYROX	Gym	
6:00 pm - 7:00 pm	Body Balance	Fitness Studio 1	
6:00 pm - 7:00 pm	Body Pump	Fitness Studio 3	
6:15 pm - 7:00 pm	Les Mills SHAPES	Fitness Studio 2	
7:00 pm - 7:45 pm	Pilates	Fitness Studio 1	
7:00 pm - 8:00 pm	Body Combat	Fitness Studio 3	

<b>Time</b>	<b>Session</b>	<b>Facility</b>	<b>Level</b>
7:00 pm - 8:00 pm	VIRTUAL Les mills RPM	Spin Studio	
7:10 pm - 7:55 pm	Les Mills STRENGTH DEVELOPMENT	Fitness Studio 2	
8:00 pm - 8:45 pm	Les Mills Dance	Fitness Studio 3	
8:00 pm - 8:45 pm	Boxercise	Fitness Studio 1	
8:15 pm - 9:00 pm	Meditation	Fitness Studio 2	
8:15 pm - 9:00 pm	VIRTUAL Les Mills Body Balance	Spin Studio	