

Group Exercise Timetable

Perdiswell Leisure Centre

Accurate as of 26/04/2024

Times for Thursday 25 April



Time	Session	Facility	Level
6:30 am - 7:20 am	VIRTUAL Les mills RPM	Spin Studio	
6:45 am - 7:15 am	Body Combat	Fitness Studio 3	
9:00 am - 9:20 am	Core	Gym	
9:00 am - 9:45 am	Aqua Zumba	Multi Use Pool	
9:30 am - 10:15 am	Body Attack	Fitness Studio 3	
9:30 am - 10:15 am	Les Mills STRENGTH DEVELOPMENT	Fitness Studio 2	
9:30 am - 10:20 am	VIRTUAL Les mills RPM	Spin Studio	
10:30 am - 11:00 am	Kettlebells	Fitness Studio 3	
10:45 am - 11:45 am	Yoga	Fitness Studio 2	
11:15 am - 12:15 pm	Body Pump	Fitness Studio 3	
12:30 pm - 1:00 pm	VIRTUAL Les Mills Sprint	Spin Studio	
12:30 pm - 1:15 pm	Beginners Pilates	Fitness Studio 3	
5:45 pm - 6:30 pm	LIFT	Gym	
6:00 pm - 6:45 pm	Coach by Colour Indoor Cycling	Spin Studio	
6:00 pm - 7:00 pm	Body Attack	Fitness Studio 3	
6:00 pm - 7:00 pm	Body Balance	Fitness Studio 1	
6:30 pm - 7:15 pm	Beginners Gym Club	Gym	
7:00 pm - 7:30 pm	Les Mills Sprint	Spin Studio	
7:00 pm - 7:30 pm	Les Mills CORE™	Fitness Studio 2	
7:00 pm - 8:00 pm	Salsa Fitness	Fitness Studio 1	
7:15 pm - 8:00 pm	Aqua Aerobics	Multi Use Pool	

Time	Session	Facility	Level
7:15 pm - 8:15 pm	Body Pump	Fitness Studio 3	
9:00 pm - 9:45 pm	VIRTUAL Les Mills Body Combat	Spin Studio	