

Group Exercise Timetable

Perdiswell Leisure Centre

Accurate as of 05/05/2024

Times for Wednesday 1 May



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	Artificial Grass Pitch	
9:30 am - 10:15 am	VIRTUAL Les Mills Trip	Spin Studio	
9:30 am - 10:15 am	Body Combat	Artificial Grass Pitch	
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	Gym	
11:00 am - 11:45 am	Les Mills SHAPES	Fitness Studio 3	
12:30 pm - 1:15 pm	VIRTUAL Les Mills Trip	Spin Studio	
2:45 pm - 3:15 pm	Aqua HIIT	Multi Use Pool	
5:30 pm - 6:00 pm	GRIT Cardio	Artificial Grass Pitch	
6:00 pm - 6:45 pm	Kettlebells	Gym	
7:00 pm - 8:00 pm	VIRTUAL Les mills RPM	Spin Studio	
7:00 pm - 8:00 pm	Body Combat	Artificial Grass Pitch	
8:00 pm - 8:45 pm	Les Mills Dance	Artificial Grass Pitch	
8:00 pm - 8:45 pm	Boxercise	Gym	
8:15 pm - 9:00 pm	VIRTUAL Les Mills Body Balance	Spin Studio	