

Group Exercise Timetable

Perdiswell Leisure Centre

Accurate as of 19/05/2024

Times for Thursday 2 May



Time	Session	Facility	Level
6:30 am - 7:20 am	VIRTUAL Les mills RPM	Spin Studio	
9:00 am - 9:45 am	Aqua Zumba	Multi Use Pool	
9:15 am - 10:00 am	HYROX	Gym	
9:30 am - 10:15 am	Body Attack	Artificial Grass Pitch	
9:30 am - 10:20 am	VIRTUAL Les mills RPM	Spin Studio	
10:30 am - 11:00 am	Kettlebells	Gym	
12:30 pm - 1:00 pm	VIRTUAL Les Mills Sprint	Spin Studio	
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	Artificial Grass Pitch	
6:30 pm - 7:15 pm	Beginners Gym Club	Gym	
7:00 pm - 7:30 pm	Les Mills Sprint	Spin Studio	
7:00 pm - 8:00 pm	Salsa Fitness	Artificial Grass Pitch	
7:15 pm - 8:00 pm	Aqua Aerobics	Multi Use Pool	
9:00 pm - 9:45 pm	VIRTUAL Les Mills Body Combat	Spin Studio	