

# Group Exercise Timetable

## Perdiswell Leisure Centre

Accurate as of 18/05/2024

### Times for Saturday 4 May



Time	Session	Facility	Level
7:15 am - 8:00 am	VIRTUAL Les Mills Trip	Spin Studio	
8:30 am - 9:00 am	GRIT Cardio	Artificial Grass Pitch	
9:15 am - 10:00 am	Body Attack	Artificial Grass Pitch	
9:30 am - 10:00 am	Omnia HIIT	Gym	
9:30 am - 10:15 am	Les Mills Sprint	Spin Studio	
10:15 am - 10:45 am	LIFT	Gym	
10:30 am - 11:15 am	Zumba	outdoor	
12:30 pm - 1:15 pm	VIRTUAL Les Mills Trip	Spin Studio	
7:00 pm - 7:30 pm	VIRTUAL Les Mills Body Combat	Spin Studio	