

# Group Exercise Timetable

## Perdiswell Leisure Centre

Accurate as of 18/06/2026

### Times for Monday 16 March



Time	Session	Facility	Level
6:30 am - 7:00 am	VIRTUAL Les mills RPM	Spin Studio	
6:45 am - 7:15 am	SYNRGY	Gym	all levels
7:30 am - 8:15 am	Aqua Aerobics	Multi Use Pool	
9:00 am - 9:45 am	Les Mills Thrive	Fitness Studio 2	
9:15 am - 10:15 am	Body Pump	Fitness Studio 3	all levels
9:30 am - 10:00 am	SYNRGY	Gym	all levels
9:30 am - 10:15 am	VIRTUAL Les Mills Trip	Spin Studio	
10:15 am - 10:45 am	Ladies Who Lift	Gym	
10:30 am - 11:30 am	Body Combat	Fitness Studio 3	
10:45 am - 11:15 am	Ladies Who Lift	Gym	
12:30 pm - 1:00 pm	VIRTUAL Les Mills Sprint	Spin Studio	
12:30 pm - 1:15 pm	Beginners Yoga	Fitness Studio 3	
5:00 pm - 5:30 pm	VIRTUAL Les Mills Sprint	Spin Studio	
5:45 pm - 6:45 pm	Body Combat	Fitness Studio 3	all levels
6:00 pm - 6:30 pm	GRIT Cardio	Fitness Studio 2	
6:00 pm - 6:45 pm	RPM	Spin Studio	all levels
6:00 pm - 6:45 pm	HYROX	Gym	
6:15 pm - 7:15 pm	Body Balance	Fitness Studio 1	all levels
6:40 pm - 7:10 pm	Les Mills CORE™	Fitness Studio 2	
6:45 pm - 7:45 pm	Body Pump	Fitness Studio 3	all levels
7:20 pm - 8:10 pm	Pilates	Fitness Studio 1	

<b>Time</b>	<b>Session</b>	<b>Facility</b>	<b>Level</b>
7:30 pm - 8:30 pm	Barre Fitness	Fitness Studio 2	
8:30 pm - 9:15 pm	VIRTUAL Body Attack	Spin Studio	