

# Group Exercise Timetable

## Perdiswell Leisure Centre

Accurate as of 18/06/2026

### Times for Wednesday 18 March



Time	Session	Facility	Level
6:30 am - 7:00 am	VIRTUAL Les Mills Sprint	Spin Studio	
6:30 am - 7:15 am	HYROX	Gym	
6:45 am - 7:15 am	Body Pump	Fitness Studio 3	
9:00 am - 9:30 am	Les Mills TONE™	Fitness Studio 2	
9:30 am - 10:15 am	Body Combat	Sports Hall	
9:30 am - 10:15 am	VIRTUAL Les Mills Trip	Spin Studio	
9:30 am - 10:30 am	Beginners Yoga	Fitness Studio 3	
9:45 am - 10:15 am	SYNRGY	Gym	
10:20 am - 10:50 am	Stretch and Flex	Fitness Studio 2	
10:30 am - 11:15 am	Body Conditioning Class	Sports Hall	
11:00 am - 11:45 am	Les Mills SHAPES	Fitness Studio 3	
12:30 pm - 1:15 pm	VIRTUAL Les Mills Trip	Spin Studio	
12:30 pm - 1:15 pm	Yin Yoga	Fitness Studio 3	
12:45 pm - 1:45 pm	Mummy and Me Fitness	Fitness Studio 2	
1:30 pm - 2:15 pm	Pilates	Fitness Studio 3	
2:45 pm - 3:15 pm	Aqua HIIT	Multi Use Pool	
5:30 pm - 6:00 pm	Body Attack Express	Fitness Studio 2	
6:00 pm - 6:45 pm	HYROX	Gym	
6:00 pm - 7:00 pm	Body Balance	Fitness Studio 1	
6:00 pm - 7:00 pm	Body Pump	Fitness Studio 3	
6:15 pm - 7:00 pm	Les Mills SHAPES	Fitness Studio 2	

<b>Time</b>	<b>Session</b>	<b>Facility</b>	<b>Level</b>
7:00 pm - 7:30 pm	Mobilise & Recover (30 min)	Gym	
7:00 pm - 7:45 pm	Pilates	Fitness Studio 1	
7:00 pm - 8:00 pm	Body Combat	Fitness Studio 3	
7:00 pm - 8:00 pm	VIRTUAL Les mills RPM	Spin Studio	
7:10 pm - 7:55 pm	Les Mills STRENGTH DEVELOPMENT	Fitness Studio 2	
8:00 pm - 8:45 pm	Boxercise	Fitness Studio 1	
8:15 pm - 9:00 pm	VIRTUAL Les Mills Body Balance	Spin Studio	