

# Group Exercise Timetable

## Perdiswell Leisure Centre

Accurate as of 18/06/2026

### Times for Friday 20 March



Time	Session	Facility	Level
6:30 am - 7:15 am	VIRTUAL Les Mills Trip	Spin Studio	
6:30 am - 7:15 am	Rise and shine yoga	Fitness Studio 3	
6:45 am - 7:15 am	SYNRGY	Gym	
9:00 am - 9:30 am	SYNRGY	Gym	
9:30 am - 10:00 am	GRIT Strength	Fitness Studio 3	
9:30 am - 10:15 am	VIRTUAL Les Mills Trip	Spin Studio	
9:30 am - 10:30 am	Body Balance	Fitness Studio 2	
10:15 am - 10:45 am	Les Mills CORE™	Fitness Studio 3	
10:30 am - 11:15 am	Body Conditioning Class	Sports Hall	
11:00 am - 11:45 am	Stronger for Longer 50+	Gym	
12:00 pm - 12:45 pm	Les Mills Thrive	Fitness Studio 2	
12:30 pm - 1:00 pm	VIRTUAL Les mills RPM	Spin Studio	
1:45 pm - 2:30 pm	Aqua Aerobics	Multi Use Pool	
5:30 pm - 6:15 pm	Ladies Who Lift	Gym	
5:30 pm - 6:15 pm	VIRTUAL Les Mills Trip	Spin Studio	
6:00 pm - 6:45 pm	Body Combat	Fitness Studio 3	
6:15 pm - 7:15 pm	Body Balance	Fitness Studio 1	
6:45 pm - 7:35 pm	HYROX Complete (16+)	Sports Hall	
7:00 pm - 7:45 pm	Les Mills Body Pump HEAVY	Fitness Studio 3	
8:30 pm - 9:00 pm	VIRTUAL GRIT Cardio	Spin Studio	