

# Group Exercise Timetable

## Perdiswell Leisure Centre

Accurate as of 18/06/2026

### Times for Saturday 21 March



| Time                | Session                        | Facility         | Level |
|---------------------|--------------------------------|------------------|-------|
| 7:15 am - 8:00 am   | VIRTUAL Les Mills Trip         | Spin Studio      |       |
| 8:00 am - 9:00 am   | Yoga                           | Fitness Studio 1 |       |
| 8:30 am - 9:00 am   | GRIT Athletic                  | Fitness Studio 3 |       |
| 9:15 am - 10:00 am  | Body Attack                    | Fitness Studio 3 |       |
| 9:15 am - 10:00 am  | Coach by Colour Indoor Cycling | Spin Studio      |       |
| 9:30 am - 10:15 am  | Boxercise                      | Fitness Studio 1 |       |
| 9:30 am - 10:15 am  | HYROX                          | Gym              |       |
| 10:30 am - 11:15 am | Pilates                        | Fitness Studio 1 |       |
| 10:30 am - 11:30 am | Zumba                          | Fitness Studio 3 |       |
| 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      |       |