

# Group Exercise Timetable

## Perdiswell Leisure Centre

Accurate as of 18/06/2026

### Times for Sunday 22 March



Time	Session	Facility	Level
7:15 am - 8:00 am	VIRTUAL Les Mills Trip	Spin Studio	
9:00 am - 10:00 am	Body Pump	Fitness Studio 3	
9:15 am - 10:00 am	Pilates	Fitness Studio 1	
9:30 am - 10:00 am	SYNRGY	Gym	
9:30 am - 10:20 am	VIRTUAL Les mills RPM	Spin Studio	
10:00 am - 11:00 am	Body Combat	Sports Hall	
10:15 am - 11:00 am	Beginners Pilates	Fitness Studio 1	beginner
11:00 am - 12:00 pm	Les Mills Dance	Fitness Studio 3	
12:30 pm - 1:20 pm	VIRTUAL Les mills RPM	Spin Studio	
5:00 pm - 5:45 pm	VIRTUAL Les Mills Body Combat	Spin Studio	
7:00 pm - 7:45 pm	VIRTUAL Les Mills Body Balance	Spin Studio	