

Group Exercise Timetable

Perdiswell Leisure Centre

Accurate as of 16/06/2026

Times for Tuesday 9 June



Time	Session	Facility	Level
6:30 am - 7:15 am	VIRTUAL Les Mills Trip	Spin Studio	
6:45 am - 7:15 am	SYNRGY	Gym	
9:00 am - 9:45 am	Les Mills Thrive	Fitness Studio 2	
9:15 am - 9:45 am	Les Mills CORE™	Fitness Studio 3	
9:30 am - 10:15 am	Legs, Bums & Tums	Sports Hall	
9:30 am - 10:15 am	HYROX	Gym	
9:30 am - 10:20 am	VIRTUAL Les mills RPM	Spin Studio	
10:00 am - 10:45 am	Les Mills Body Pump HEAVY	Fitness Studio 3	
10:00 am - 10:45 am	Les Mills SHAPES	Fitness Studio 2	
10:30 am - 11:00 am	Mobilise & Recover (30 min)	Gym	
10:30 am - 11:15 am	Zumba	Sports Hall	
11:30 am - 12:15 pm	Pilates	Fitness Studio 3	
12:30 pm - 1:00 pm	VIRTUAL Les mills RPM	Spin Studio	
12:30 pm - 1:15 pm	Yoga Gentle	Fitness Studio 3	
12:45 pm - 1:30 pm	Aqua Aerobics	Multi Use Pool	
1:45 pm - 2:30 pm	Stronger for Longer 50+	Gym	
5:00 pm - 5:45 pm	VIRTUAL Les Mills Trip	Spin Studio	
5:30 pm - 6:00 pm	GRIT Strength	Fitness Studio 3	
5:30 pm - 6:00 pm	SYNRGY	Gym	
6:10 pm - 7:10 pm	Body Balance	Fitness Studio 2	
6:15 pm - 7:00 pm	Les Mills Body Pump HEAVY	Fitness Studio 3	

Time	Session	Facility	Level
6:15 pm - 7:05 pm	Core	Fitness Studio 1	
6:30 pm - 7:15 pm	RPM	Spin Studio	
7:00 pm - 7:45 pm	HYROX	Gym	
7:15 pm - 8:00 pm	Body Combat	Fitness Studio 3	
7:15 pm - 8:15 pm	Iyengar Yoga	Fitness Studio 2	
7:30 pm - 8:30 pm	Zumba Glow	Fitness Studio 1	
8:15 pm - 9:00 pm	Aqua HIIT	Multi Use Pool	
9:00 pm - 9:30 pm	VIRTUAL GRIT Cardio	Spin Studio	