

Group Exercise Timetable

Perdiswell Leisure Centre

Accurate as of 16/06/2026

Times for Saturday 13 June



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	