

# group exercise programme

## Perdiswell Leisure Centre

Accurate as of 16/06/2019

### Times for Sunday 19 May



Time	Session	Facility	Level
9:00 am - 9:50 am	body pump	Fitness Studio 3	all levels
9:15 am - 10:05 am	aqua aerobics	Main Pool	all levels
9:30 am - 10:20 am	yoga	Fitness Studio 1	all levels
10:00 am - 10:50 am	body combat	Fitness Studio 3	all levels
10:30 am - 11:20 am	fitness pilates	Fitness Studio 1	all levels