

# GROUP EXERCISE

## PERSHORE LEISURE CENTRE

### MONDAY

09:15 - 10:15	<b>H2O</b> Swimming Pool
09:30 - 10:30	<b>Bums, Tums &amp; Thighs</b> Studio
10:30 - 11:00	<b>Eazy Fit</b> Sports Hall
18:00 - 19:00	<b>Salsa Fitness</b> Sports Hall
18:00 - 19:00	<b>Body Conditioning</b> Studio
19:00 - 20:00	<b>Circuits</b> Sports Hall
19:00 - 20:00	<b>PiYO</b> Studio
20:00 - 21:00	<b>Riverlution</b> Studio

### THURSDAY

09:15 - 10:15	<b>H2O</b> Swimming Pool
09:30 - 10:00	<b>Metafit</b> Studio
10:00 - 10:30	<b>Ab Blast</b> Studio
18:00 - 19:00	<b>Pilates</b> Studio
18:00 - 19:00	<b>Zumba</b> Sports Hall
19:00 - 20:00	<b>On The Ball</b> Studio
20:00 - 21:00	<b>Yoga</b> Studio
20:00 - 21:00	<b>Step &amp; Sweats</b> Sports Hall

### TUESDAY

09:15 - 10:15	<b>H2O</b> Swimming Pool
09:30 - 10:00	<b>Kettle Bells</b> Sports Hall
10:30 - 11:30	<b>PiYO</b> Sports Hall
18:15 - 18:45	<b>Les Mills GRIT™</b> Studio
19:00 - 20:00	<b>Les Mills BodyPump™</b> Sports Hall
19:00 - 20:00	<b>Riverlution</b> Studio
20:00 - 21:00	<b>Yoga</b> Studio

### FRIDAY

09:30 - 10:30	<b>Body Blitz</b> Sports Hall
10:30 - 11:30	<b>PiYO</b> Sports Hall
17:30 - 18:30	<b>Riverlution</b> Studio
18:00 - 19:00	<b>Les Mills BodyPump™</b> Sports Hall
19:00 - 19:30	<b>Metafit</b> Sports Hall
19:00 - 20:00	<b>H2O</b> Swimming Pool

### WEDNESDAY

09:30 - 10:30	<b>Les Mills BodyPump™</b> Sports Hall
10:30 - 11:30	<b>Eazy Fit</b> Sports Hall
17:00 - 18:00	<b>Pilates</b> Studio
18:00 - 19:00	<b>Pilates</b> Studio
18:00 - 19:00	<b>FitSteps</b> Sports Hall
19:00 - 20:00	<b>H2O</b> Swimming Pool
19:00 - 20:00	<b>Circuits</b> Sports Hall
20:00 - 21:00	<b>Riverlution</b> Studio

### SATURDAY

08:15 - 09:15	<b>Riverlution</b> Studio
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### SUNDAY

08:15 - 09:15	<b>Kettle Bells</b> Sports Hall
09:15 - 10:15	<b>Riverlution</b> Studio

CARDIO

HIIT

STRENGTH

FLEXIBILITY

CORE