

# Christmas Fitness Timetable

## Smethwick Swimming Centre



### Monday 17<sup>th</sup> December –

06:30-07.00 – Mash Up  
09:30-10.15 Studio cycling  
12:15-13.00 Aqua fit (ladies only)  
13.30-14.15 studio cycling  
17.30-18.00 Body Attack  
18.00-19.00 Body Pump  
18.00-18.45 Studio cycling  
19.00-19.45 Studio Cycling

### Tuesday 18<sup>th</sup> December

06.30-07.00 – Boxercise  
07.00-07.30 studio cycling  
09.45-10.30 Circuits  
10.30-11.00am Studio cycling  
17.30-18.00 Kettle bells  
18.00-19.00 Circuits  
18.00-18.45 Studio cycling  
19.00-20.00 Dance Fitness  
19.00-19.45 Studio cycling  
20.00-21.00 Fitness Yoga  
20.30-21.15 Aqua fit

### Wednesday 19<sup>th</sup> December

06.30-07.00 HIIT Lift  
09.45-10.30 BLT  
10.30-11.30 Mash attack  
12.15-13.00 Aqua fit  
14.00-14.45 Studio cycling

18.00-19.00 Boxacise  
18.00-18.45 studio cycling  
19.00-19.45 Studio cycling

### Thursday 20<sup>th</sup> December

06.30-07.00 Circuits  
09.30-10.30 Body Blast  
10.30-11.00 studio cycling  
17.30-18.00 circuits 30  
18.00-18.30 Mash up  
18.30-19.15 Studio cycling

### Friday 21<sup>st</sup> December - CLOSED

### Saturday 22<sup>nd</sup> December

08.30-09.00 Mash up  
09.00-10.00 BLT  
09.00-09.45 Studio cycling  
10.00-10.30 LIFT

### Sunday 23<sup>rd</sup> December -

09.30-10.30 body Pump  
09.30-10.15 Studio cycling  
10.30-11.30 Body Combat

### Monday 24<sup>th</sup> December – CLOSED

### Tuesday 25<sup>th</sup> December - CLOSED



[www.slt-leisure.co.uk](http://www.slt-leisure.co.uk)

0300 012 0121

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## Smethwick Swimming Centre



### Wednesday 26<sup>th</sup> December - CLOSED

### Thursday 27<sup>th</sup> December

06.30-07.00 circuits

09.30-10.30 Body Blast

10.30-11.00 studio cycling

17.30-18.00 circuits 30

18.00-18.30 Mash Up

18.30-19.15 Studio cycling

### Friday 28<sup>th</sup> December

06.30-07.00 Mash Up

09.30-10.30 Body Pump

10.30-11.00 Studio cycling

15.30-16.30 Boxercise

17.00-17.45 Studio Cycling

18.00-18.45 Studio Cycling

### Saturday 29<sup>th</sup> December

08.30-09.00 Mash up

09.00-10.00 BLT

09.00-09.45 Studio cycling

10.00-10.30 LIFT

10.00-10.45 Studio cycling

### Sunday 30<sup>th</sup> December

09.30-10.30 Body Pump

09.30-10.15 Studio cycling

10.30-11.30 Body Combat

### Monday 31<sup>st</sup> December

06.30-07.00 Mash Up

09.30-10.15 Studio Cycling

15.30-16.00 Body Attack

16.00-17.00 Body Pump

### Tuesday 1<sup>st</sup> January - CLOSED

### Wednesday 2<sup>nd</sup> January

06.30-07.00 HIIT Lift

07.00-07.30 My Ride (virtual)

09.45-10.30 BLT

10.30-11.30 Mash Attack

14.00-14.45 Studio cycling

17.30-18.00 circuits 30

18.00-19.00 Boxacise

18.00-18.45 Profile cycling

### Thursday 3<sup>rd</sup> January

06.30-07.00 circuits

09.30-10.30 Body Blast

10.30-11.00 studio cycling

13.30-14.00 My Ride (virtual)

18.00-18.30 Metafit

18.00-18.45 Studio cycling

18.30-19.30 Body Pump

19.00-19.45 My ride (virtual)

19.30-20.00 Body Attack



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## Smethwick Swimming Centre



### Friday 4<sup>th</sup> January

06.30-07.00 Mash Up

07.00-07.30 My Ride (virtual)

09.30-10.30 Body Pump

10.45-11.15 My ride (virtual)

18.00-18.45 Studio Cycling

18.45-19.30 Studio Cycling

### Saturday 5<sup>th</sup> January

08.30-09.00 Mash up

09.00-10.00 BLT

09.00-09.45 Studio cycling

10.00-10.30 LIFT

10.00-10.45 Studio cycling

14.00-14.30 My Ride (virtual)

### Sunday 6<sup>th</sup> January

09.30-10.30 body Pump

09.30-10.15 Studio cycling

10.30-11.30 Body Combat

11.30-12.30 Pilates

14.00-14.30 My Ride (virtual)

### Monday 7<sup>th</sup> January -

**New timetable will be available at  
[www.slt-leisure.co.uk/timetables](http://www.slt-leisure.co.uk/timetables)**



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