

Christmas Fitness Timetable

Tipton Leisure Centre



**Friday 21st December –
Closed**

Saturday 22nd December –

8:45 Yoga
9.45 Combat

Sunday 23rd December –

9.30 Zumba

**Monday 24th December –
Closed**

**Tuesday 25th December-
Closed**

Wednesday 26th – Closed

Thursday 27th December –

9.15 Circuits
10.15 Abs30
12.15 Aqua-Fit
18.00 Combat

Friday 28th December –

9.30 BLT
18.30 Kettlebell

Saturday 29th December

8:45 Yoga
9.45 Combat

Sunday 30th December

9.30 Zumba

Monday 31st December

9.30 Mash Up
10.15 Aqua

**Tuesday 1st January –
Closed**

**Wednesday 2nd January –
Open as normal**



www.slt-leisure.co.uk

0300 012 0121