

# Christmas Fitness Timetable

## Wednesbury Leisure Centre



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

06:30 Indoor Cycle 30  
07:00 Body Conditioning 30  
09:15 Zumba 45  
10:00 STRONG by Zumba 60  
10:45 Yoga 60  
16:30 HiiT Circuit 30  
17:15 Indoor Cycle 30  
17:30 TRIO 45  
17:45 Zumba 60  
17:50 Indoor Cycle 45  
18:15 Kettlebell 30  
18:30 Aqua Fit 45  
18:45 Body Balance 45  
19:15 Aqua Fit 45  
19:30 Indoor Cycle 30  
19:45 Pilates 60

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

06:30 Indoor Cycle 30  
07:00 Powerwave 30  
09:00 HiiT Circuit 30  
09:30 Strip2Tone 30  
10:00 BLT 30  
10:30 Step Aerobics 45  
10:35 Indoor Cycle 30  
17:00 Indoor Cycle 30  
17:30 Abs 30  
17:30 Body Combat 60

18:00 Powerwave 30  
18:20 Indoor Cycle 45  
18:30 ALL OUT 30  
18:35 Bodypump 60  
19:15 Yoga 60  
19:30 HiiT Circuit 30

### Friday 21<sup>st</sup> December Closed

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

08:00 Bootcamp 45  
08:45 Indoor Cycling 45  
09:15 BODYPUMP  
09:30 HIIT Circuit 30  
10:20 Pilates 60

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

08:00 TRIO - 60 min  
09:00 ZUMBA  
09:15 Indoor Cycling - 30min  
09:45 Indoor Cycling - 45min  
10:05 BODYPUMP  
15:00 Aqua Fit

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

### Tuesday 25<sup>th</sup> December – Closed



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# Christmas Fitness Timetable Wednesbury Leisure Centre



## Wednesday 26<sup>th</sup> – Closed

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

09:00 HIIT Circuit 30  
10:00 Strip to tone 30  
10:30 Step Aerobics 45  
10:35 Indoor Cycle 30  
18:20 Indoor Cycle 45

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

09:15 Indoor Cycle 45  
09:30 Body Attack 60  
16:30 Metafit 30  
17:30 Indoor Cycle 45  
18:15 Bodypump 60

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

08:45 Indoor Cycle 45  
09:15 Body Pump 60  
09:30 Hiit Circuit 30  
10:20 Pilates

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

09:15 Indoor Cycle 30  
09:45 Indoor Cycle 45  
15:00 Aquafit 45

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

06:30 Indoor Cycle 45  
08:45 Hiit Circuit 30  
09:15 Bums, Legs & Tums 45  
10:00 Indoor Cycle 45  
10:45 Body Pump 45

## Tuesday 1<sup>st</sup> December – Closed

## Wednesday 2<sup>nd</sup> December – Classes back to normal



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