

Portway Lifestyle Centre

Fitness Timetable

Monday 3rd January - Sunday 9th January



** Please note that fitness classes may change. Contact the leisure centre for latest information. For your own health and safety and for the enjoyment of yourself and others, we strongly advise you arrive promptly for the start of all group fitness classes.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Centre Closed	07:15 Circuits (30min) 09:30 Zumba (60min) 12:15 Body Pump (45min) 17:45 LBT (60min) 18:00 Body Combat (60min) 19:00 Indoor Cycling (45min) 19:00 Yoga (60mins) 19:15 Aqua Zumba (45min) 20:00 Clubbercise (60min) 20:15 Aqua Lite (45min)	07:15 Kettlebells (30min) 09:30 Body Attack (60min) 18:00 Body Combat (60min) 18:00 Zumba (60min) 18:15 Indoor cycling (45min) 18:30 Boxercise (60min) 19:00 Yoga (60min) 19:15 Indoor Cycling (45min)	07:15 GRIT (30min) 09:30 Body Pump (45mins) 17:30 GRIT (30mins) 17:45 Indoor Cycling (45mins) 17:45 BLT (45min) 18:00 Pilates (60min) 19:15 Body Pump (45min) 20:15 Aqua lite (45min)	07:15 CBC (30min) 09:30 BLT (45min) 17:30 Les Mills Mix (45min) 18:30 Clubbercise (60min)	08:00 Body Pump (60min) 08:15 CBC (30min) 09:00 Body Attack (60min) 09:15 Kettlebells (30min) 10:00 Abs (30min) 10:15 Zumba (60min)	08:00 Body Combat (60min) 09:15 CBC (30min) 10:00 Circuits (30min) 11:00 Fitness Yoga (60min) 16:00 Body Pump (45min) 17:00 Body Attack (45min)



0300 012 0121
www.slt-leisure.co.uk