

Portway Lifestyle Centre

Fitness Timetable

Monday 20th December - Sunday 26th December



** 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

07:15 GRIT (30min)
09:30 Body Combat (45min)
12:15 Fitness Yoga (45min)
17:30 Kettlebells (30min)
17:45 Indoor cycling (45min)
18:00 Zumba (60min)
18:00 Body Attack (60min)
18:45 Indoor Cycling (45min)
19:15 Body Pump (60min)
19:15 Pilates (60min)
20:15 Aqua Zumba (45min)

Tuesday

07:15 Circuits (30min)
09:30 Zumba (60min)
12:15 Body Pump (45min)
17:45 BLT (60min)
18:00 Body Combat (60min)
19:00 Indoor cycling (45min)
19:00 Yoga (60min)
19:15 Aqua Zumba (45min)
20:00 Clubbercise (60min)
20:15 Aqua Lite (45min)

Wednesday

07:15 Kettlebells (30min)
09:30 Body Attack (60min)
18:00 Body Combat (60min)
18:00 ZUMBA (60min)
18:15 Indoor Cycling (45min)
19:00 Yoga (60min)

Thursday

07:15 GRIT (30min)
09:30 Body Pump (45min)
17:45 Indoor Cycling (45min)
17:45 BLT (45min)

Friday

Centre Closed

Saturday

Centre Closed

Sunday

Centre Closed



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