

Smethwick Swimming 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	06:30 HIIT LIFT (30min) 07:15 Studio Cycling (30min) 09:30 LBT (45min) 10:30 Studio Cycling (30min) 17:30 HIIT LIFT (30min) 18:00 Studio Cycling (30min) 18:00 Body Combat (60min) 19:00 Yoga (60min)	06:30 Mash Up (30min) 09:30 BOX FIT (45min) 10:30 Studio Cycling (30min) 12:15 Aqua Fit (45min) 17:30 GRIT (30min) 18:00 Studio Cycling (30min) 18:00 Body Pump (60min) 19:15 Studio Cycling (30min) 19:40 Aqua Boards (20min) 20:00 Aqua Boards (20min)	06:30 Kettlebells (30min) 07:15 Studio Cycling (30min) 09:30 Body Blast (60min) 10:30 Studio Cycling (30min) 10:30 Fitness Yoga (60min) 17:30 Body Combat (60min) 18:30 Studio Cycling (30min) 18:30 ZUMBA (60min) 18:40 Aqua Boards (20min) 19:00 Aqua Boards (20min)	06:30 Mash Up (30min) 09:30 Body Pump (60min) 10:30 Studio Cycling (30min) 17:30 Box Fit (45min)	08:00 GRIT (30min) 08:30 Mash Up (45min) 09:00 Studio Cycling (30min) 09:15 Body Combat (45min)	08:00 GRIT (30min) 08:30 Body Combat (60min) 09:00 Studio Cycling (30min) 09:30 Body Pump (60min) 10:45 Pilates (60min)



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