

# Smethwick Swimming 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

**06:30** Body Combat (45min)  
**17:30** Body Pump (60min)  
**18:30** Studio Cycling (30min)

### Tuesday

**06:30** HIIT LIFT (30min)  
**07:15** Studio Cycling (30min)  
**09:30** LBT (45min)  
**17:30** HIIT LIFT (30min)  
**18:00** Studio Cycling (30min)  
**18:00** Body Combat (60min)  
**19:00** Yoga (60min)

### Wednesday

**06:30** Mash Up (30min)  
**09:30** HIIT LIFT (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)

### Thursday

**06:30** Kettlebells (30min)  
**09:30** Body Blast (60min)  
**17:30** Body Combat (55min)  
**18:30** Studio cycling (30min)

### Friday

**Centre Closed**

### Saturday

**Centre Closed**

### Sunday

**Centre Closed**



0300 012 0121  
[www.slt-leisure.co.uk](http://www.slt-leisure.co.uk)