

Smethwick Swimming Centre

Fitness Timetable

Monday 27th December - Sunday 2nd 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	Centre Closed	06:30 Mash Up (30min) 09:30 Body Pump (60min) 10:30 Studio Cycling (30min) 12:00 Kettlebells (30min)	06:30 Kettlebells (30min) 09:30 Body Combat (60min) 10:30 Studio Cycling (30min) 12:00 HIIT LIFT (30min)	06:30 Mash Up (30min) 09:30 Kettlebells (45min) 10:30 Studio Cycling (30min)	Centre Closed	08:00 GRIT (30min) 08:30 Body Combat (60min) 09:30 Body Pump (60min)



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