

Tipton Leisure 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 Centre Closed

Tuesday
09:30 ZUMBA (60min)
10:40 HIIT Step (45min)
11:00 Aqua Fit (45min)
17:15 Kettlebell (30min)
17:45 BODYATTACK (30min)
18:15 Zero Gravity Legs and Core (45min)
19:00 ZUMBA (45min)
20:00 Pilates (60min)

Wednesday
09:30 Pump (60min)
10:30 Bums Legs and Tums (45min)
17:45 Kombat (60min)
18:45 BODYPUMP (60min)
19:30 Aqua Zumba® (45min)
20:30 HIIT Step (30min)

Thursday
09:00 Aqua Zumba® (45min)
09:30 Zero Gravity Legs and Core (45min)
10:15 BODYATTACK (30min)
10:45 ZUMBA (60min)
17:15 Yoga (45min)
18:00 Bums Legs and Tums (45min)
18:45 Glowfit (60min)

Friday
09:30 BODYPUMP (60min)
10:30 Kombat (60min)
17:30 ZUMBA (45min)
18:15 Yoga (60min)
19:15 Clubbercise (60min)

Saturday
08:45 Yoga (60min)
09:50 Yoga (60min)

Sunday
08:15 Bootcamp (60min)
09:15 Abs and Core (45min)
10:00 Yoga (60min)



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