

# Tipton Leisure 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

**09:30** Kombat (60 mins)  
**09:30** Aqua45  
**10:30** Zumba60  
**17:45** LM pump  
**18:50** Kombat45  
**20:00** Yoga60

### Tuesday

**09:30** Zumba60  
**10:40** HIITSTEP45  
**11:00** Aqua45  
**17:15** Kettlebell30  
**17:45** LM Attack30  
**18:15** Zero gravity45  
**19:00** Zumba60  
**20:00** Pilates60

### Wednesday

**09:30** Pump60  
**10:30** BLT45  
**17:45** Kombat60  
**18:45** Pump60  
**19:30** Aquazumba45  
**20:30** HIITSTEP30

### Thursday

**09:30** Zero gravity45  
**10:15** LM attack  
**11:00** Aqua Zumba45  
**12:30** Zumba60  
**15:00** BLT60  
**16:00** Glowfit60  
**17:00** Yoga45

**Friday**  
**Centre Closed**

**Saturday**  
**Centre Closed**

**Sunday**  
**Centre Closed**



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