

# Tipton Leisure 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**  
**Centre Closed**

**Tuesday**  
**Centre Closed**

**Wednesday**  
09:30 PUMP60  
10:30 KOMBAT60  
12:00 AquaZumba

**Thursday**  
10:30 Zumba  
11:00 Aquazumba (60)

**Friday**  
09:30 Circuits (60)  
10:30 Kettlebell30

**Saturday**  
**Centre Closed**

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



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