

Tipton Sports Academy

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

No Classes

Wednesday

18.00 Zumba (60min)
19.00 BLT (60min)

Thursday

17.30 Zumba (45min)
19.15 Boxacise (60min)

Friday

No Classes

Saturday

Centre Closed

Sunday

Centre Closed



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