

Tipton Sports Academy

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

12.15 Gentle Exercise
(60min)

Tuesday

No Classes

Wednesday

No Classes

Thursday

17.30 Zumba (45min)

Friday

Centre Closed

Saturday

Centre Closed

Sunday

Centre Closed



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