

Wednesbury 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

06:30 Indoor Cycling (45min)
09:15 BODYCOMBAT (45min)
10:00 Aqua Fit (45min)
13:30 Agewell (60min)
16:45 BODYATTACK (30min)
17:15 Indoor Cycling (45min)
18:00 Bums Legs and Tums (45min)
18:00 Indoor Cycling (45min)
18:15 Yoga (60min)
18:30 Aqua Fit (45min)
19:00 Step Aerobics (45min)

Wednesday

06:30 Indoor Cycling (45min)
09:15 Body Conditioning (45min)
10:00 Circuit Training (30min)
16:45 Kettlebell (30min)
17:00 Indoor Cycling (30min)
17:15 Bandz (45min)
17:30 Tone Up (45min)
18:00 Indoor Cycling (30min)
18:15 BODYBALANCE (60min)
19:00 BODYPUMP (60min)
19:15 Aqua Fit (45min)

Thursday

06:30 Indoor Cycling (45min)
09:15 Fitness Pilates (45min)
10:00 Les Mills Mash Up (45min)
16:45 Functional (30min)
17:00 BODYCOMBAT (45min)
17:15 Indoor Cycling (30min)
17:45 Zero Gravity (45min)
18:00 Indoor Cycling (45min)
18:15 Yoga (45min)
18:30 Zumba Toning (45min)
19:15 POUND (45min)

Friday

06:30 Indoor Cycling (45min)
09:15 Bums Legs and Tums (45min)
09:30 BODYATTACK (30min)
10:00 Indoor Cycling (45min)
10:00 Stretch and Tone (30min)
16:45 MetaFit (30min)
17:15 Indoor Cycling (30min)
17:45 BODYPUMP (45min)
18:00 ZUMBA (45min)
18:30 Indoor Cycling (45min)
18:45 POUND (45min)
19:15 Aqua Zumba® (45min)

Saturday

08:00 Indoor Cycling (45min)
08:45 Bootcamp (45min)
09:30 Functional (30min)
10:00 BODYPUMP (60min)

Sunday

08:15 Indoor Cycling (30min)
09:00 Indoor Cycling (45min)
09:00 ZUMBA (60min)
10:00 BODYPUMP (60min)
10:00 Yoga (60min)



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