

# Wednesbury 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

06:30 Indoor Cycling (30min)  
07:00 HIIT Step (30min)  
09:15 Indoor Cycling (45min)  
10:00 BODYPUMP (60min)  
16:45 Functional (30min)  
17:15 Indoor Cycling (45min)  
17:15 MetaFit (30min)  
17:45 Bandz (45min)  
18:00 BODYPUMP (60min)  
18:30 Indoor Cycling (30min)  
18:30 Stretch and Tone (30min)  
19:00 BODYBALANCE (45min)

### 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 Centre Closed

### Saturday Centre Closed

### Sunday Centre Closed



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