

Wednesbury 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

06:30 Indoor Cycling (45 min)
09:15 Body Conditioning (45 min)
10:00 Functional Fitness (30 min)

Thursday

06:30 Indoor Cycling (45 min)
09:15 Indoor Cycling (45 min)

Friday

06:30 Indoor Cycling (45 min)
09:15 Bums, Legs & Tums (45 min)
09:30 Body Attack (30 min)
10:00 Indoor Cycle (45 min)
10:00 Stretch & Tone (45 min)

Saturday Centre Closed

Sunday

08:15 Indoor Cycling (30 min)
09:00 Zumba (60 min)
09:00 Indoor Cycle (45 min)
10:00 Body Pump (60 min)
10:00 Yoga (60 min)



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