

# Christmas Fitness Timetable

## Portway Lifestyle Centre



**Friday 21<sup>st</sup> December –  
Closed**

**Saturday 22<sup>nd</sup> December –**

08:00 Kettlebell30  
08:30 Abs 30  
08:30 Indoor Cycling - Coach  
By Colour 30  
09:00 BODYATTACK  
09:15 BODYPUMP  
10:15 ZUMBA

**Sunday 23<sup>rd</sup> December –**

08:00 BODYCOMBAT  
08:30 Indoor Cycling - Coach  
By Colour 30  
09:00 BODYPUMP  
09:00 Pilates  
10:00 Indoor Cycling - Coach  
By Colour  
10:00 Mash Up 30  
10:30 Abs 30  
11:00 Fitness Yoga  
16:00 BODYPUMP  
17:00 BODYATTACK

**Monday 24<sup>th</sup> December -**

08:30 Xmas Eve Mashup 30  
09:15 Bodypump  
09:00 Dodgeball Fitness 45  
10:15 Coach by Colour

**Tuesday 25<sup>th</sup> December-  
Closed**

**Wednesday 26<sup>th</sup> – Closed**

**Thursday 27<sup>th</sup> December –**

07:30 HiIT Lift 30  
08.00 Fat Burn 30  
08.30 Coach by colour 30  
09:30 Bodypump  
17:00 Mash Up 30  
17:45 HIIT Circuits  
18:30 Aqua Lite  
18:30 Bodypump

**Friday 28<sup>th</sup> December –**

07:15 MashUp 30  
09:30 BLT  
10:15 Aqua Lite  
10:15 Coach by colour  
17:45 MashUp  
18:45 Zumba

**Saturday 29<sup>th</sup> December –**

08:00 Kettlebell30  
08:30 Abs30  
08:30 Coach by colour  
09:00 Bodyattack  
09:15 Bodypump  
10:15 Zumba

**Sunday 30<sup>th</sup> December –**

08:00 Bodycombat  
08:30 Coach by colour 30  
09:00 Bodypump  
09:00 Pilates  
10:00 Coach by colour 30  
10:00 Mash Up 30  
10:30 Abs 30  
11:00 Fitness Yoga



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

0300 012 0121

# Christmas Fitness Timetable Portway Lifestyle Centre



## Monday 31<sup>st</sup> December –

07:15 NYE Mash Up  
08.00 HIIT Circuits  
08.30 Coach by colour  
09.15 Bodypump  
12:15 Fitness Yoga  
13:30 Gentle Exercise  
16:00 HIIT Circuit

## Tuesday 1<sup>st</sup> January – Closed

Wednesday 2<sup>nd</sup> January –  
Classes return to normal,  
please visit [www.slt-  
leisure.co.uk/timetables/](http://www.slt-leisure.co.uk/timetables/)



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

0300 012 0121