

# Christmas Fitness Timetable Smethwick Swimming Centre



**Friday 20<sup>th</sup> December –  
Centre Closed for Staff  
Training**

**Saturday 21<sup>st</sup> December –**

08.30am Mash up

09.00am BLT

09.00am Studio cycling

10.00am Body Combat

**Sunday 22<sup>nd</sup> December –**

08.30am Body Combat

09.30am Body Pump

10.45am Pilates

**Monday 23<sup>rd</sup> December –**

06.30am Mash up

09.30am Circuits

10.00am Express cycle

16.00pm Body Attack

16.30pm Body Pump

16.30pm Express Cycle

**Tuesday 24<sup>th</sup> December –**

06.30am Boxercise

07.00am Express cycling

09.30am Body Combat

10.30am Express cycling

12.00pm Kettlebells

12.30pm Express cycling

**Wednesday 25<sup>th</sup>**

**December- Centre Closed**

**Thursday 26<sup>th</sup> December –  
Centre Closed**

**Friday 27<sup>th</sup> December –  
Centre Closed**

**Saturday 28<sup>th</sup> December –**

08.30am Mash Up

09.00am BLT

09.00am Studio cycling

10.00am Body Combat

**Sunday 29<sup>th</sup> December –**

09.30am Body Pump



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

0300 012 0121

# Christmas Fitness Timetable Smethwick Swimming Centre



## **Monday 30<sup>th</sup> December –**

06.30am Mash up

09.30am Circuits

10.00am Express cycling

16.00pm Body Attack

16.30pm Body Pump

16.30pm Studio cycling

## **Tuesday 31<sup>st</sup> December –**

06.30am Boxercise

07.00am Express cycling

09.30am Body Combat

10.30am Express cycling

12.00pm Kettlebells

12.30pm Express cycling

## **Wednesday 1<sup>st</sup> January – Closed**

## **Thursday 2<sup>nd</sup> January – Class timetable back to normal**



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0300 012 0121