

Christmas Fitness Timetable

Tipton Leisure Centre



Wednesday 18th

December

09:15 Body Combat
10:15 Body Pump
11:15 Pilates
17:30 Booty Band30
18:00 Body Attack 30
18:30 Body Pump

Thursday 19th December

10:45 Zumba
12:15 Aqua fit
18:00 Body Combat
19:00 BLT
19:45 Aqua Zumba
20:00 Yoga

Friday 20th December - Centre Closed for Staff Training

Saturday 21st December -

08:45 Yoga
09:45 Body Combat

Sunday 22nd December -

09:30 Zumba
10:30 Yoga

Monday 23rd December -

10:00 Kettlebell
10:15 Aqua fit

Tuesday 24th December -

No Classes

Wednesday 25th

December- Centre Closed

Thursday 26th - Centre Closed

Friday 27th December - Centre Closed

Saturday 28th December -

08:45 Body Pump

Sunday 29th December -

09:30 Zumba
10:30 Yoga

Monday 30th December -

No fitness classes scheduled –
speak to the gym staff for
more information

Tuesday 31st December

No fitness classes scheduled –
speak to the gym staff for
more information

Wednesday 1st December – Centre Closed

Thursday 2nd December –

Classes back to normal



www.slt-leisure.co.uk

0300 012 0121