

Christmas Fitness Timetable Wednesbury Leisure Centre



**Friday 20th December –
Centre Closed for Staff
Training**

Saturday 21st December –

08:30 Indoor cycle 30
09:00 HIIT Step 30
09:30 Indoor cycle 45
09:30 HIIT Circuit 30
10.20 Pilates

Sunday 22nd December –

09:00 Zumba
09:15 Indoor cycle 30
09:45 Indoor cycle 45
10:00 Body Pump
10:00 HIIT Circuit

**Monday 23rd December –
06:30-18:00**

06:30 Indoor cycle 30
09:15 Indoor cycle 45
10:00 Body Pump
12:30 HIIT Circuit
15:30 Indoor cycle 45
16:15 Strength 30
16:45 body attack 45

**Tuesday 24th December –
06:30-14:00**

06:30 Indoor cycle 30
09:00 Indoor cycle 45
10:00 Body Pump
10.30 Pilates

**Wednesday 25th
December- Centre Closed**

**Thursday 26th - Centre
Closed**

**Friday 27th December –
Centre Closed**

Saturday 28th December –

09:00 Indoor cycle 45
09:30 HIIT Circuit
10.20 Pilates

Sunday 29th December –

09:00 Zumba
09:30 Indoor cycle 45
10:00 Body Pump

**Monday 30th December -
06:30-18:00**

06:30 Indoor cycle 30
09:15 Indoor cycle 45
10:00 Body Pump
12:30 HIIT Circuit
15:30 Indoor cycle 45
16:15 Strength 30
16:45 body attack 45

**Tuesday 31st December -
06:30-14:00**

06:30 Indoor cycle 30
09:00 Indoor cycle 45
10:00 Body Pump
10.30 Pilates

**Wednesday 1st January –
Centre Closed**

**Thursday 2nd January –
Open as usual**



www.slt-leisure.co.uk

0300 012 0121