



Opening Times & Fitness Timetable

21/09/20-27/09/20

Please refresh page to view the latest version of the timetable

Gym session times available on our website

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Haden Hill Leisure Centre	Open: 12:00 - 20:00 12:15 Sprint 13:30 Aerobics 17:30 Bodypump45 17:45 Sprint 18:00 GRIT 18:30 Bodycombat 18:30 Indoor cycling30 19:15 Indoor cycling45	Open: 06:30 - 21:00 06:45 Sprint 09:15 Indoor cycling45 10:15 AquaFit 12:15 Virtual cycling 17:30 BLT+45 17:45 Indoor cycling30 18:30 Fitness Yoga 18:30 Sprint 19:30 Indoor cycling45	Open: 12:00 - 21:00 12:15 BLT+30 13:30 Multifitness 17:30 Bodypump45 17:45 Sprint 18:30 GRIT 18:45 Indoor cycling45 18:45 AquaFit 19:15 Pound	Open: 06:30 - 21:00 06:45 Sprint 09:15 Indoor cycling45 10:15 AquaFit 12:15 Virtual cycling 17:30 GRIT 17:45 Indoor cycling30 18:15 Bodycombat 19:15 Indoor cycling45	Open: 12:00 - 21:00 12:15 Stretch 17:30 Sprint 18:15 GRIT 18:15 Indoor cycling30 19:00 Fitness Yoga	Open: 08:00 - 13:00 08:30 Bodypump45 09:15 Indoor cycling45 09:30 Bodycombat 12:15 Virtual cycling	Open: 08:00 - 13:00 08:30 GRIT 09:15 BLT+45 09:30 Indoor cycling45 10:15 Step 10:30 Fitness Yoga
Hadley Stadium	Open: 16:30 - 21:00	Open: 16:30 - 21:00	Open: 16:30 - 21:00	Open: 16:30 - 21:00	Open: 16:30 - 20:00	Open: 09:00 - 16:30	Open: 10:00 - 16:00
Harry Mitchell Leisure Centre	Open: 17:00 - 22:00	Open: 17:00 - 22:00	Open: 17:00 - 22:00	Open: 17:00 - 22:00	Open: 17:00 - 21:30	CLOSED	CLOSED
Portway Lifestyle Centre	Open: 07:00 - 21:00 07:15 GRIT Strength 09:30 GRIT Series 12:15 Fitness Yoga45 13:30 60+ Aerobics 17:30 Full Body DB30 18:00 Zumba 18:15 Bodyattack 45 18:15 Coach by colour30 19:15 Bodypump 19:15 Pilates	Open: 07:00 - 21:00 07:15 GRIT Cardio 09:30 Zumba 17:30 HIIT Cardio 18:00 Bodycombat 19:00 Indoor cycling 20:00 Clubbercise	Open: 07:00 - 21:00 07:15 Full Body Dumbbell30 09:30 Bodyattack 18:00 Bodycombat 18:00 Zumba 18:15 Coach by colour30 19:15 Bodypump 19:15 Yoga	Open: 07:00 - 21:00 07:15 Coach by colour 30 09:30 Bodypump 45 17:30 GRIT Series 17:45 Indoor cycling 18:15 BLT45 19:00 Pilates 19:30 Bodypump	Open: 07:00 - 21:00 07:15 Kettlebell 30 09:30 BLT45 17:30 HIIT Cardio 30 18:15 Full Body Dumbbell30	Open: 07:00 - 13:00 08:00 Bodypump 09:00 Bodyattack 09:15 Coach by colour 30 10:00 Abs30 10:15 Zumba	Open: 07:00 - 13:00 08:00 Bodycombat 09:15 Bodypump 09:30 Indoor cycling30 10:00 BLT 45 11:00 Fitness Yoga
Tipton Sports Academy	Open: 08.00- 12.00 then 16.00 - 22.00 16.15 Step45 17.15 Bodypump45 18.30 Combat45 18.45 Yoga60	Open: 08.00- 12.00 then 16.00 - 20.00 17.15 Bodycombat45 18.15 Bodypump45 18.45 Zumba45	Open: 08.00- 12.00 then 16.00 - 22.00 17.15 Zumba45 17.30 Pilates45 18.30 Bodypump45 19.00 BLT45	Open: 08.00- 12.00 then 16.00 - 20.00 16.15 BLT45 17.15 Mashup45 17.30 Strong by Zumba45 18.45 Body Attack45	Open: 08.00- 17.00	Open: 10.00 - 16.45	Open: 09.30 - 16.00
Wednesbury Leisure Centre	Open: 12:00 - 21:00 17:15 Body Attack30 17:30 Indoor cycling45 18:15 Body Pump45 18:30 Indoor cycling30	Open: 06:30- 21:00 06:45 Indoor cycling45 10:00 AquaFit 45 17:15 Indoor cycling45 17:45 LBT45 18:15 Yoga45 18:30 Indoor cycling30 18:30 AquaFit 45 18:45 Step Aerobics45	Open: 12:00 - 21:00 17:15 Indoor cycling30 17:45 Tone Up30 18:00 Indoor cycling30 18:30 Body Balance45	Open: 06:30 - 21:00 06:45 Indoor cycling45 17:15 Indoor cycling30 17:30 Body Combat45 18:00 Indoor cycling45 18:15 Yoga45 18:30 Zumba Toning45	Open: 12.00-21.00 16:45 Meta-Fit 30 17:15 Indoor cycling30 17:45 Body Pump45 18:00 Zumba45 18:30 Indoor cycling45	Open: 08:00 - 14:00 08:00 Indoor cycling45 09:00 HIT Step	Open: 08:00 - 14:00 08:15 Indoor cycling30 09:00 Zumba45 09:00 Indoor cycling45 10:00 Body Pump45 10:00 Yoga45

ONE CARD	Fitness Class (45/60 min)	Fitness Class (30 min)	Gym Session	Outdoor Tennis - Adult	Outdoor Tennis - Junior
Standard Pass	INC	INC	INC	£7.50	£5.40
Concessionary Pass	£5.15	£3.90	£6.45	£7.50	£5.40
Pay as you go	£2.85	£2.15	£3.60	£7.50	£5.40
	£5.70	£5.70	£7.15	£8.30	£6.00

*Please note these sessions are subject to change.

All sessions must be booked at www.slt-leisure.co.uk



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Smethwick Swimming Centre	Open: 06:30 - 22:00 06:30 Mash up 09:30 HIIT LIFT 17:30 Kettle bells 18.15 HIIT Cardio	Open: 06:30 - 22:00 06.30 HIIT LIFT 09.30 GRIT 17.30 GRIT - Strength 18.15 Express Bodycombat 19.00 Express Bodycombat	Open: 06:30 - 22:00 06.30 Mash Up 09.30 HIIT cardio 17.30 GRIT 18.15 Body Pump	Open: 06:30 - 22:00 06.30 Kettlebells 09.30 LBT 17.30 Kettlebells 18.15 HIIT LIFT	Open: 06:30 - 22:00 06:30 Mash Up 09:30 Bodypump	Open: 08:00 - 14:00 08.00 GRIT Cardio 08.45 Mash Up 09.30 Combat	Open: 08:00 - 14:00 08.30 Body Combat 09.30 Body Pump
Langley Swimming Centre	Open: 16:00 - 21:30	Open: 16:00 - 21:30	Open: 16:00 - 21:30	Open: 16:00 – 21.30	Open: 16:00 - 20:00	Open: 08:00 – 12:00	Open: 08:00 – 12:00

ONE CARD	Fitness Class (45/60 min)	Fitness Class (30 min)	Gym Session	Outdoor Tennis - Adult	Outdoor Tennis - Junior
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