

Exercise Classes

Cheslyn Hay Leisure Centre Timetables 2023

Time	Class	Time	Class
Monday		Thursday	
09:15-10:00	Vibe Cycle 45	09:10-10:10	Pilates 60
18:00-18:45	Cardio Box 45	10:30-11:30	Yogalates 60
18:45-19:30	Vibe Cycle 45	18:00-18:30	Tabata 30
19:00-19:45	TRX 45	18:15-19:00	Vibe Cycle 45
20:00-21:00	Get Fit With John	18:30-19:15	Step And Bounce 45
20:00-20:30	Gym Hiit 30	18:45-19:15	Gym Hiit 30
Tuesday		19:30-20:15	Circuits 45
09:30-10:30	Pilates 60	Friday	
12:00-13:00	Tai Chi 60	09:10:10:10	Pilates 60
17:45-18:45	Vinyasa Yoga	18:00-18:45	Body Pump 45
18:00-18:45	Step and Tone 45	19:00-19:45	Vibe Cycle 45
19:00-19:45	Legs Bums & Tums 45	Saturday	
19:00-19:45	Vibe Cycle 45	08:45-9:15	Core and More
20:00-20:45	Body Pump 45	09:15-10:00	Vibe Cycle 45
Wednesday		09:30-10:15	Trio Fit 45
09:15-10:00	Vibe Cycle 45	Sunday	
17:45-18:30	Body Skulpt 45	10:00-10:45	Vibe Cycle 45
18:15-19:00	Vibe Cycle 45		
18:30-19:15	TRX 45		
19:15-19:45	Active Youth (Ages 13-17)		
19:45-20:30	Aqua Aerobics		

Prices

	Privilege Members	Non Members
All Classes	£ 5.00	£ 5.80
30 min Classes	£ 3.70	£ 3.70

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Codsall Leisure Centre • Tel: 01902 844032 • Email: codsall@sstaffs.gov.uk

Penkridge Leisure Centre • Tel: 01785 714152 • Email: penkridge@sstaffs.gov.uk

Wombourne Leisure Centre • Tel: 01902 898202 • Email: wombourne@sstaffs.gov.uk