



Exercise Classes

Codsall Leisure Centre Classes Timetable 2023

TIME	CLASS
Monday	
07:15-08:00	Studio Cycle
08:00-08:45	Pilates
10:00-10:45	Tai Chi
11:00-11:45	Boxercise
12:00-12:45	Studio Cycle
17:00-17:45	Body Impact
17:45-18:30	Studio Cycle
18:00-19:00	Zumba
19:00-20:00	Cardio Combat
19:05-19:50	Aqua Aerobics
20:00-21:00	Pilates
Tuesday	
07:15-08:00	Studio Cycle
11:50-12:35	Core
12:45-13:30	Studio Cycle
18:15-19:00	Studio Cycle
18:30-19:15	Strengthen Up
19:30-20:15	Legs, Bums & Tums
20:30-21:15	Vinyasa Yoga
Wednesday	
07:15-08:00	Studio Cycle
08:15-08:45	Gym Hiit
10:15-11:00	Yoga
11:00-11:45	Pilates
11:45-12:15	Gym Hiit
12:30-13:15	Studio Cycle
13:30-14:15	Tai Chi
14:15-15:00	Tai Chi Fan
16:00-16:45	50+
17:30-18:15	TRX
18.30-19:15	Bounce & Tone
18:30-19:15	Studio Cycle
19:30-21:15	Legs, Bums & Tums
20:30-21:15	Yoga

TIME	CLASS
Thursday	
07:15-08:00	Studio Cycle
08:00-08:45	Yoga
11:00-11:45	Studio Cycle
11:15-12:15	Nordic Walking
17:00-17:45	Core & TRX
17:45-18:30	Studio Cycle
18:15-19:00	Dance Fit
19:00-19:45	Pilates
19:00-19:45	Studio Cycle
19:45-20:15	Gym Hiit
20:00-20:45	Boxercise
Friday	
07:00-07:45	Yoga
07:15-08:00	Studio Cycle
08:00-08:45	Yoga
12:30-13:15	Studio Cycle
12:45-13:30	50+
18:15-19:00	Studio Cycle
Saturday	
08:15-09:00	TRX
09:30-10:15	Weights & Plates
10:30-11:15	Studio Cycle
10:30-11:15	Zumba
11:30-12:15	Boxercise
12:30-14:00	Beginners Family Kickboxing
14:00-16:00	Experienced Family Kickboxing
Sunday	
09:00-10:00	Kettle Bells
10:15-11:00	Studio Cycle

Cheslyn Hay Leisure Centre • Tel: 01922 417790 • Email: cheslynhay@sstaffs.gov.uk

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