



Exercise Classes

Penkridge Leisure Centre Timetables 2023/24

TIME	CLASS
Monday	
18:00-19:00	Walking Football
19:00-20:30	Back To Netball
19:15-20:00	Studio Cycle
Tuesday	
08:25-09:10	Body Conditioning
15:45-16:45	Active Youth (age 13-16)
18:00-19:00	Mixed Aerobics
19:15-20:00	Dance Fitness
19:15-20:00	Studio Cycle
Wednesday	
09:15-10:00	Aqua Aerobics
09:30-10:30	Pilates
18:15-19:00	Studio Cycle

TIME	CLASS
Thursday	
09:15-10:00	Beginners Studio Cycle
09:30-10:15	Core and stretch
18:00-19:00	Tai Chi
19:15-20:00	Aqua Aerobics
Friday	
09:30-10:30	Pilates
10:30-11:15	Aqua Aerobics
15:45-16:45	Active Youth (age 13-16)
Saturday	
09:15 – 10:00	Yoga
Sunday	
10:00-10:45	Legs, Bums and Tums

Prices	Members	Non Members
Walking Football	£3.50	£3.50
Back To Netball	£4.50	£4.50
Active Youth	£2.50	£2.50
All Other Classes	£0.00	£5.80

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