**Codsall Leisure Centre Classes Timetable 2023**

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| **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 |
| 16:00-16:45 | 50+ |
| 17:30-18:15 | TRX |
| 18.30-19:15 | Bounce & Tone |
| 18:30-19:15 | Studio Cycle |
| 19:30-20:15 | Legs, Bums & Tums |
| 20:30-21:15 | Yoga |

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| **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 |
| 18:00-18:45 | Studio Cycle |
| 18:15-19:00 | Dance Fit |
| 19:00-19:45 | Pilates |
| 19:45-20:15 | Gym Hiit |
| 19:30-20:15 | Boxercise |
| **Friday** | |
| 07:15-08:00 | Studio Cycle |
| 08:00-08:45 | Yoga |
| 12:30-13:15 | Studio Cycle |
| 12:30-13:15 | 50+ |
| **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 |
| 12:30-14:30 | Family Kickboxing |
| **Sunday** | |
| 09:00-10:00 | Kettle Bells |
| 10:15-11:00 | Studio Cycle |