



Exercise Classes

Codsall Leisure Centre Classes Timetable 2023

TIME	CLASS
Monday	
7.15am-8.00am	Studio Cycle
8.00am-8.45am	Pilates
8.45am-9.30am	Yoga
10.00am-10.45am	Tai Chi
11.00am-11.45am	Boxercise
12.00pm-12.45pm	Studio Cycle
5.00pm-5.45pm	Body Impact
5.45pm-6.30pm	Studio Cycle
6.00pm-7.00pm	Zumba
7.00pm-8.00pm	Cardio Combat
7.05pm-7.50pm	Aqua Aerobics
8.00pm-9.00pm	Pilates
Tuesday	
7.15am-08.00am	Studio Cycle
11.50am-12.35pm	Gym Hiit
12.45pm-1.30pm	Studio Cycle
6.15pm-7.00pm	Studio Cycle
6.30pm-7.15pm	Strengthen Up
7.30pm-8.15pm	Legs, Bums & Tums
8.30pm-9.15pm	Vinyasa Yoga
Wednesday	
7.15am-8.00am	Studio Cycle
8.00am-8.45am	Pilates
8.15am-8.45am	Gym Hiit
12.10pm-12.40pm	Gym Hiit
12.45pm-1.30pm	Studio Cycle
4.00pm-4.45pm	50+
5.30pm-6.15pm	TRX
6.30pm-7.15pm	Bounce & Tone
6.30pm-7.15pm	Studio Cycle
7.30pm-8.15pm	Legs, Bums & Tums
8.30pm-9.15pm	Yoga

TIME	CLASS
Thursday	
7.15am-8.00am	Studio Cycle
8.00am-8.45am	Yoga
11.00am-11.45am	Studio Cycle
11.15am-12.15pm	Nordic Walking
5.15pm-6.00pm	Core & TRX
6.00pm-6.45pm	Studio Cycle
6.15pm-7.00pm	Dance Fit
7.00pm-7.45pm	Pilates
7.45pm-8.15pm	Gym Hiit
7.30pm-8.15pm	Boxercise
Friday	
7.15am-8.00am	Studio Cycle
8.00am-8.45am	Yoga
11.15am-12.00pm	Tai Chi
12.30pm-1.15pm	Studio Cycle
Saturday	
8.15am-9.00am	TRX
9.30am-10.25am	Weights & Plates
10.30am-11.15am	Studio Cycle
10.30am-11.20am	Zumba
11.30am-12.15pm	Boxercise
12.30pm-2.30pm	Family Kickboxing
Sunday	
9.00am-10.00am	Kettle Bells
10.15am-11.00am	Studio Cycle

Prices

	Privilege Members	Non Members
All Classes	£ 5.50	£ 6.30
30 min Classes	£ 3.70	£ 4.00

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

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