



Exercise Classes

Penkridge Leisure Centre Timetables from September 2023

TIME	CLASS
Monday	
6pm-7pm	Walking Football
7:15pm-8pm	Studio Cycle
7pm-8pm	Back To Netball
Tuesday	
8:25am-9:10am	Body Conditioning
9:15am-10am	Studio Cycle
3:45pm-4:45pm	Active Youth (age 13-16)
6pm-7pm	Mixed Aerobics
7:15pm-8pm	Dance Fitness
7:15pm-8pm	Studio Cycle
Wednesday	
9:15am-10am	Aqua Aerobics
9:15am-10:15am	Pilates
6:15pm-7pm	Studio Cycle

TIME	CLASS
Thursday	
9:15am-10am	Beginners Studio Cycle
9am-10pm	Core and stretch
6pm-7pm	Tai Chi
7:15pm-8pm	Aqua Aerobics
Friday	
9:15am-10:15am	Pilates
9:15am-10am	Aqua Aerobics
3:45pm-4:45pm	Active Youth (age 13-16)
Saturday	
9:15am-10am	Yoga
Sunday	
10am-10:45am	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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Wombourne Leisure Centre • Tel: 01902 898202 • Email: wombourne@sstaffs.gov.uk