

Exercise Classes

Codsall Leisure Centre

Monday 30th December – Sunday 5th January 2025

TIME	CLASS
Monday 30th December	
7.15am-8.00am	Studio Cycle
8.00am-8.45am	Pilates
10.00am-10.45am	Tai Chi
11.00am-11.45am	Boxercise
12.00pm-12.45pm	Studio Cycle
1.00pm-1.45pm	Circuit impact training
5.00pm-5.45pm	Body Impact
5.45pm-6.30pm	Studio Cycle
6.00pm-7.00pm	Zumba
7.00pm-8.00pm	Cardio Combat
7.00pm-7.45pm	Studio Cycle
7.05pm-7.35pm	Gym HIIT
Tuesday 31st December	
7.15am-8.00am	Studio Cycle
7.30am-8.15am	Aqua Aerobics
7.45am-8.30am	Yoga
11.20am-11.50am	Gym HIIT
12.00pm-12.45pm	Studio Cycle
Wednesday 1st January 2025	
CENTRE CLOSED	

Thursday 2nd January	
7.15am-8.00am	Studio Cycle
10.20am-10.50am	Gym HIIT
11.00am-11.45am	Studio Cycle
11.15am-12.15pm	Nordic Walking
11.15am-12.00pm	Strengthen Up
5.15pm-6.00pm	Core & TRX
6.00pm-6.45pm	Studio Cycle
6.15pm-7.00pm	Dance Fit
7.00pm-7.45pm	Pilates
7.30pm-8.15pm	Boxercise
7.45pm-8.15pm	Gym HIIT
Friday 3rd January	
7.15am-8.00am	Studio Cycle
7.45am-8.30am	Yoga
9.00am-9.45am	50 + Circuits
12.30pm-1.15pm	Studio Cycle
Saturday 4th January	
8.15am-9.00am	Studio Cycle
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 5th January	
9.00am-10.00am	Kettle Bells
10.15am-11.00am	Studio Cycle

PRICES

	PAY AS YOU GO	LEISURE ADVANTAGE CARD
Exercise Class	£6.50	£5.80

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Codsall Leisure Centre • Tel: 01902 844032 • Email: codsall@sstaffs.gov.uk

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