

Exercise Classes

Wombourne Leisure Centre Christmas/New Year Exercise Class Timetable Monday 23rd December 2024 – Sunday 29th December 2024

TIME	CLASS
Monday 23rd	
9.15am-10am	Studio cycling
9.30am-10.20am	Legs, bums & tums
9.45am-10.30am	Yoga
10.30am-11.20am	Core
10.40am-11.25am	Yoga
11.30am-12.15pm	Breathing yoga
12.15pm-1pm	Power Pilates
1.15pm-2pm	Pilates
2.15pm-3pm	Seated Pilates
5.40pm-6.25pm	Aqua aerobics
6pm-6.45pm	Yoga
6.30pm-7.15pm	Studio cycling
6.30pm-7.20pm	Circuits
7pm-8pm	Samurai swords
7pm-8pm	Tai Chi
7.30pm-8.15pm	Strengthen-up
Tuesday 24th	
9.30am-10.20am	Body conditioning
10.30am-11.20am	Step, stretch & tone
11.30am-12.15pm	Pilates
11.30am-12.30pm	Tai Chi beginners
Wednesday 25th	
Closed	

Thursday 26th	
	Closed
Friday 27th	
	Closed
Saturday 28th	
8am-8.45am	Boxercise
9am-9.45am	Studio cycling
9am-9.45am	Box fit
Sunday 29th	
9am-9.45am	Studio cycling
9am-9.50am	Cardio combat
10am-11am	Legs bums and tum

PRICES

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

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