

Exercise Classes

Cheslyn Hay Christmas Exercise Class Timetable 2024

Monday 23rd December – Wednesday 31st December 2025

TIME	CLASS
Monday 23rd December	
7.15am-8am	Leg Bums And Tums
9.15am-10am	Vibe Cycle
6pm-6.45pm	Boxercise
6.45pm-7.30pm	Vibe Cycle
7pm-7.45pm	TRX Circuits
Tuesday 24th December	
8am-9am	Pilates
9.30am-10.30am	Pilates
9.30-10.15am	Step And Tone
10:45-11:30	Vibe Cycle
Wednesday 25th December - CLOSED	
Thursday 26th December - CLOSED	
Friday 27th December - CLOSED	

Saturday 28th December	
8.45am-9.15am	Core and More
9.15am-10am	Vibe Cycle
9.30am-10.15am	Trio Fit
Sunday 29th December	
8.30am-9.15am	Core And More
9:30am-10.15am	Vibe Cycle

Monday 30th December	
7.15am-8am	Leg Bums And Tums
9.15am-10am	Vibe Cycle
6pm-6.45pm	Boxercise
6.45pm-7.30pm	Vibe Cycle
7pm-7.45pm	TRX Circuits
Tuesday 31st December	
8am-9am	Pilates
9.30am-10.30am	Pilates
9.30-10.15am	Step And Tone
10:45-11:30	Vibe Cycle
Wednesday 1st January 2025 - CLOSED	
Thursday 2nd January – Normal timetable resumes	

PRICES

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

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

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

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