

Exercise Classes

Penkridge Christmas Exercise Class Timetable 2024

Monday 23rd December – Sunday 29th December 2024

TIME	CLASS
Monday 23rd December	
8am – 8:45am	Aqua Aerobics
6pm – 7pm	Walking Football
7:15pm – 8pm	Studio Cycle
Tuesday 24th December	
8:15am – 9am	Body Conditioning
Wednesday 25th December	
	Centre Closed

Thursday 26th December	
	Centre Closed
Friday 27th December	
	Centre Closed
Saturday 28th December	
9:15am-10am	Yoga
Sunday 29th December	
9:45 -10:30am	Legs, Bums and Tums

PRICES

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

Cheslyn Hay Leisure Centre • Tel: 01922 417790 • Email: cheslynhay@sstaffs.gov.uk

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