

Affordable fitness with South Staffordshire Council's leisure centres

Exercise Classes

Codsall Leisure Centre

Monday 23rd December – Sunday 29th December 2024

TIME	CLASS
Monday 23rd 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
12.00pm-12.45pm	Strengthen Up
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-7.50pm	Aqua Aerobics
7.05pm-7.35pm	Gym HIIT
7.55pm-8.25pm	Core
8.00pm-9.00pm	Pilates
Tuesday 24th 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 25th December	
CENTRE CLOSED	

Thursday 26th December	
CENTRE CLOSED	
Friday 27th December	
CENTRE CLOSED	
Saturday 28th December	
8.15am-9.00am	Studio Cycle
9.30am-10.25am	Weights & Plates
10.30am-11.15am	Studio Cycle
10.30am-11.20am	Zumba
11.30am-12.15pm	Boxercise
Sunday 29th December	
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

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

www.sstaffs.gov.uk/leisure • leisure@sstaffs.gov.uk