Affordable fitness with South Staffordshire Council's leisure centres

Exercise Classes

Wombourne Leisure Centre
Christmas/New Year Exercise Class Timetable
Monday 30th December 2024 – Sunday 5th December 2025

TIME	CLASS
Monday 30th	
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
6pm-6.45pm	Yoga
6.30pm-7.15pm	Studio cycling
7pm-8pm	Samurai swords
7pm-8pm	Tai Chi
Tuesday 31st	
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 1st	
Closed	

Thursday 2nd	
9.15am-10am	Studio cycling
9.30am-10.20am	Multi fit
10.10am-11am	Low impact aerobics
10.30am-11.20am	Circuits
11.30am-12.15pm	Pilates
11.30am-12.30pm	Tai chi
12.30pm-1.30pm	Tai chi fan
5.40pm-6.25pm	Pilates
6pm-7pm	Zumba
6.30pm-7.15pm	Studio cycling
7.15pm-8pm	Weights, cardio & core
Friday 3rd	
8.30am-9.15am	Core
9.30am-10.15am	Studio cycling
9.30am-10.20am	Aerobic combo
9.45am-10.30am	Yoga
10.30am-11am	Gym HIIT
10.30am-11.25am	Resistance band workout
10.40am-11.25am	Yoga
11.30am-12.15pm	Seated yoga
5.30pm-6pm	Core
6pm-6.30pm	HITT
6.30pm-7.15pm	Studio cycling
Saturday 4th	
8am-8.45am	Boxercise
9am-9.45am	Studio cycling
9am-9.45am	Box fit
Sunday 5th	
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