

Class Programme

From
January
2024

Walsall Gala Swimming and Fitness Centre



Monday

HIIT Step

5.30pm-6.15pm

Pilates

6.15pm-7pm

Circuits

7pm-7.45pm

Tuesday

Aquacise

10am-11am

Body Pump

12.15pm-1pm

Aquacise

6.30pm-7.30pm

Strength and Conditioning

7.30pm-8.15pm

Wednesday

Aquacise

7.15am-8am

Step Class

9.30am-10.15am

Body Pump

10.15am-11am

Boxercise

12.15pm-1pm

Thursday

Circuits

12.15pm-1pm

Functional Fitness

5.30pm-6.15pm

Aquacise

7.30pm-8.30pm

Friday – No classes