

# Group Exercise Programme

## Timetable

### Walsall Gala Swimming and Fitness Centre

#### Monday

5:30pm to 6:15pm HIIT Step.

6:15pm to 7pm Pilates.

7pm to 7:45pm Circuits.

#### Tuesday

10am to 11am Aquacise.

12:15pm to 1pm Body Pump.

6:15pm to 7:15pm Yoga.

6:30pm to 7:30pm Aquacise.

7:30pm to 8:15pm Strength  
and Conditioning.

#### Wednesday

7:15am to 8am Circuits.

9:30am to 10:15am Step Class.

10:15am to 11am Body Pump.

12:15pm to 1pm Boxercise.

#### Thursday

12:15pm to 1pm Circuits.

5:30pm to 6:15pm Functional Fitness.

7:30pm to 8:30pm Aquacise.

#### Friday

11am to 12pm Active Steps.