

Walsall Gala Class Programme

From January 2025

Monday

5:30pm to 6:30pm Step
6:30pm to 7:30pm Circuits

Tuesday

10am to 11am Aquacise
12pm to 1pm 50+ Chair Aerobics
6:30pm to 7:30pm Aquacise

Wednesday

7:15am to 8am Aquacise
9:30am to 10:15am Step
10:15am to 11am 50+ Chair Aerobics
12:30pm to 1:15pm Boxercise
5:30pm to 6:30pm Pilates

Thursday

12:15pm to 1pm Circuits
5:30pm to 6:30pm Functional Fitness
7:30pm to 8:30pm Aquacise

