

# Class Programme

From  
January  
2025

Walsall Gala Swimming and Fitness Centre



## Monday

### Step

5.30pm-6.30pm

### Circuits

6.30pm-7.30pm

## Tuesday

### Aquacise

10am-11am

### 50+ Chair

Aerobics

12pm-1pm

### Aquacise

6.30pm-7.30pm

## Wednesday

### Aquacise

7.15am-8am

### Step

9.30am-10.15am

### 50+ Chair

Aerobics

10.15am-11am

### Boxercise

12.30pm-1.15pm

### Pilates

5.30pm-6.30pm

## Thursday

### Circuits

12.15pm-1pm

### Functional

Fitness

5.30pm-6.30pm

### Aquacise

7.30pm-8.30pm

**Friday** – No classes