

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