



Fitness Class Programme

Tuesday 24 December 2024 – Monday 1 January 2025

Monday 23 December – Normal timetable		
Tuesday 24 December – Christmas Eve		
9.45 - 10.45am	Les Mills Dance	Wellington Civic and Leisure Centre
Wednesday 25 December – Christmas Day – CLOSED		
Thursday 26 December – Boxing Day – CLOSED		
Friday 27 December		
9.30 - 10.30am	Body Pump	Abraham Darby Sports and Leisure Centre
9.30 - 10.30am	Legs, Bums and Tums	Wellington Civic and Leisure Centre
9.45 - 10.30am	Aquaft	Oakengates Leisure Centre
5 - 6pm	Body Pump	Wellington Civic and Leisure Centre
6.15 - 7pm	RPM	Wellington Civic and Leisure Centre
Saturday 28 December		
8.15 - 9am	RPM	Abraham Darby Sports and Leisure Centre
9.15 - 10.15am	Body Attack	Abraham Darby Sports and Leisure Centre
9.30 - 10.30am	Body Pump	Wellington Civic and Leisure Centre
10.30 - 11.30am	Pilates	Wellington Civic and Leisure Centre
Sunday 29 December		
9 - 10am	Body Combat	Oakengates Leisure Centre
9.30 - 10.30am	Body Pump	Abraham Darby Sports and Leisure Centre
10.30 - 11am	Sprint	Wellington Civic and Leisure Centre
Monday 30 December		
9 - 10am	Les Mills Dance	Oakengates Leisure Centre
9.30 - 10.30am	Pilates	Wellington Civic and Leisure Centre
9.45 - 10.30am	Aquaft	Oakengates Leisure Centre
10.30 - 11.30am	Yoga	Wellington Civic and Leisure Centre
5.30 - 6pm	Sprint	Wellington Civic and Leisure Centre
6 - 6.45pm	RPM	Abraham Darby Sports and Leisure Centre
6.15 - 7.15pm	Body Pump	Wellington Civic and Leisure Centre
6.45 - 7.30pm	Aquaft	Oakengates Leisure Centre
Tuesday 31 December – New Year's Eve		
9.30 - 10.30am	Body Balance	Wellington Civic and Leisure Centre
Wednesday 1 January 2025 – New Year's Day – CLOSED		
Tuesday 2 January – Normal timetable		

Please visit www.telfordandwrekinleisure.co.uk/virtualclasses for the virtual cycling programme at Abraham Darby Sports and Leisure Centre and Wellington Civic and Leisure Centre.