



Fitness Class Programme

Tuesday 23 December 2025 – Friday 2 January 2026

Tuesday 23 December – Normal timetable		
Wednesday 24 December – Christmas Eve		
10.15 - 11.15am	Legs, Bums and Tums	Wellington Civic and Leisure Centre
11.15am - 12.15pm	Pilates	Wellington Civic and Leisure Centre
Thursday 25 December – Christmas Day – CLOSED		
Friday 26 December – Boxing Day – CLOSED		
Saturday 27 December		
8.15 - 9am	RPM	Wellington Civic and Leisure Centre
9.15 - 10.15am	Body Pump	Wellington Civic and Leisure Centre
10.30 - 11.30am	Mega Mix	Wellington Civic and Leisure Centre
Sunday 28 December		
8.10 - 9am	Body Combat	Oakengates Leisure Centre
8.15 - 9.15	Body Pump	Abraham Darby Sports and Leisure Centre
9 - 10am	Les Mills Dance	Oakengates Leisure Centre
9.30 - 10am	Sprint	Abraham Darby Sports and Leisure Centre
10.30 - 11am	Sprint	Wellington Civic and Leisure Centre
Monday 29 December		
9.30 - 10.30am	Body Pump	Wellington Civic and Leisure Centre
10.30 - 11.30am	Pilates	Wellington Civic and Leisure Centre
11 - 11.45am	Aquaft	Wellington Civic and Leisure Centre
11.30am - 12.30pm	Yoga	Wellington Civic and Leisure Centre
4.30 - 5.15pm	Les Mills Thrive	Wellington Civic and Leisure Centre
5.30 - 6pm	Sprint	Wellington Civic and Leisure Centre
5.30 - 6.30pm	Legs, Bums and Tums	Wellington Civic and Leisure Centre
5.30 - 6.30pm	Body Attack	Oakengates Leisure Centre
6 - 7pm	Body Pump	Abraham Darby Sports and Leisure Centre
6.15 - 7pm	RPM	Wellington Civic and Leisure Centre
6.45 - 7.30pm	Aquaft	Oakengates Leisure Centre
Tuesday 30 December		
8.30 - 9.30am	Body Combat	Oakengates Leisure Centre
9.30 - 10.30am	Mega Mix	Wellington Civic and Leisure Centre
5.30 - 6.30pm	Body Combat	Wellington Civic and Leisure Centre
6 - 7pm	Body Pump	Abraham Darby Sports and Leisure Centre
6.30 - 7.30pm	Les Mills Dance	Wellington Civic and Leisure Centre
7.15 - 7.45pm	Sprint	Abraham Darby Sports and Leisure Centre
Wednesday 31 December – New Year's Eve		
9.15 - 10.15am	Body Balance	Wellington Civic and Leisure Centre
10.15 - 11.15am	Legs, Bums and Tums	Wellington Civic and Leisure Centre
11.15am - 12.15pm	Pilates	Wellington Civic and Leisure Centre
Thursday 1 January 2026 – New Year's Day – CLOSED		
Friday 2 January – Normal timetable		

Please note that Newport Swimming Pool Aquaft classes will run up to and including Friday 19 December and resume back as normal on Monday 5 January.

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.