



GROUP FITNESS TIMETABLE

2019



MON			Vibe Cycle 5:45 pm	Boxercise 6:45 pm		Aerobics 7:30 pm
TUES			HIIT 5:45 pm	Salsa 6:45 pm		Legs, Bums & Tums 7:30 pm
WED			Spin 5:45 pm	Bootcamp 6:45 pm		Zumba 7:30 pm
THUR			Spin 5:45 pm	Legs, Bums & Tums 6:45 pm	Yoga Fit 7:30 pm	
FRI						
SAT	Kids Football Coaching 10:00 - 11:30pm £5.00	Junior Gym 12:00 - 5.00pm £2.50	Family Gym 12:00 - 5.00pm £7.00			
SUN	Junior Gym 12:00 - 5:00pm £2.50		Family Gym 12:00 - 5.00pm £7.00	Zumba 5:30 pm		

CLASS DETAILS

1. Please bring a towel and water to each class.
2. Class duration of 45 mins unless stated
3. Please book your classes online or at reception
4. Classes can be booked 7 days in advance
5. Individuals can only book their own space on classes
5. Some classes are subject to an *additional fee.

GYM OPENING TIMES

Mon - Thur: 6.30am - 10pm
 Friday: 6.30am - 9pm
 Sat: 8.30am - 7pm
 Sun: 8.30am - 9pm

0121 506 1100

info@pulsewednesbury.co.uk

PulseWednesbury.co.uk

@PulseWednesbury

