

# Shipley & Saltaire Wellness Centre - Weekly Events

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY


**The Therapy Bar**  
9am-8pm


**The Therapy Bar**  
9am-8pm


**The Therapy Bar**  
9am-Noon

**skipit** Skipit  
8:30am

**Ballet Be Fit**  
9:30am  


 **Cobra**  
9:30am

 **Cobra**  
9:30am

 **Cobra**  
10:30am

**Ballet Be Fit**  
10:30am  



**Ballet Be Fit**  
10:30am  


**\*Drop in Tuesday from 6pm**  
Come and find out what goes on at SSWC, watch a class, talk to our customers, have a cuppa, sample the products. plus loads more.


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**SSWC**  
107/108 Dockfield Road,  
Shipley BD17 7AR  
T: 01274 585566  
M: 07768455894

**Ballet Be Fit**  
5:30pm  


 **Core**  
5:30pm

 **Bollywood Dance**  
6:00pm

 **Cobra**  
6:30pm

 **Skipbra**  
6:30pm 

**Opening Times**  
Mon & Fri 9am-11:30am;  
Sat 8:00am-11:30am  
Tuesday to Thursday  
5:00pm – 7:30pm

 **BLC/TnC**  
6:45pm

Classes include Fat Burning, Energy Tea on Arrival & A Refuel Smoothie After. Ask for your own Wellness Profile to measure your progress