

# Chepstow Fitness Class Timetable

## Chepstow Leisure Centre

Accurate as of 19/05/2024

### Times for Tuesday 23 April



| Time          | Session             | Facility     | Level |
|---------------|---------------------|--------------|-------|
| 09:30 - 10:25 | Kettlebells         | Dance Studio | All   |
| 10:45 - 11:40 | F4L Gentle Exercise | Dance Studio | All   |
| 18:00 - 18:55 | Legs, Bums & Tums   | Dance Studio | All   |
| 19:05 - 20:00 | Pilates             | Dance Studio | All   |