

Monmouth Fitness Class Timetable

Monmouth Leisure Centre

Accurate as of 28/04/2024

Times for Thursday 16 January



Time	Session	Facility	Level
06:45 - 07:30	VIRTUAL - LES MILLS BODY PUMP	Studio	All
06:45 - 07:30	VIRTUAL - LES MILLS RPM	Spin Studio	All
09:30 - 10:15	LES MILLS Body Pump	Studio	All
12:00 - 12:45	Gentle Exercise	Studio	All
18:00 - 18:45	HIIT FIT	Studio	All
18:10 - 18:30	VIRTUAL - LES MILLS SPRINT	Spin Studio	Advanced
19:10 - 19:55	VIRTUAL - LES MILLS RPM	Spin Studio	All
19:15 - 20:00	Stretch & Tone	Studio	All