

# Monmouth Fitness Class Timetable

## Monmouth Leisure Centre

Accurate as of 30/04/2024

### Times for Friday 17 January



Time	Session	Facility	Level
06:45 - 07:30	WOD	Spin Studio	All
09:30 - 10:15	Kettlebells	Studio	All
09:30 - 10:15	Spin	Squash Courts	All
12:15 - 13:00	Tai Chi	Studio	All
12:30 - 13:00	VIRTUAL - LES MILLS SPRINT	Spin Studio	Advanced
17:25 - 17:55	VIRTUAL - LES MILLS SPRINT	Studio	All
17:30 - 18:00	VIRTUAL - LES MILLS CORE	Studio	Advanced
18:00 - 18:45	LES MILLS Body Combat	Studio	All
19:15 - 20:00	Yoga	Studio	All