

# Monmouth Fitness Class Timetable

## Monmouth Leisure Centre

Accurate as of 16/04/2024

### Times for Monday 20 January



Time	Session	Facility	Level
06:45 - 07:30	VIRTUAL - LES MILLS BODY PUMP	Studio	All
09:30 - 10:15	VIRTUAL - LES MILLS RPM	Spin Studio	All
09:30 - 10:45	LES MILLS Body Combat	Studio	All
10:45 - 11:30	Yoga	Studio	All
12:00 - 12:45	Tai Chi	Studio	All
12:30 - 13:00	VIRTUAL - LES MILLS SPRINT	Spin Studio	All
17:30 - 18:00	LES MILLS Grit	Studio	Advanced
17:30 - 18:00	LES MILLS SH'BAM	Studio	All
18:00 - 18:30	LES MILLS Body Combat	Sports Hall	All
18:00 - 18:30	LES MILLS Body Combat	Studio	All
18:00 - 18:45	Meta Conditioning	Sports Hall	All
18:00 - 18:45	Spin	Squash Courts	All
18:30 - 19:15	LES MILLS Body Pump	Studio	All
18:40 - 19:10	LES MILLS Body Pump	Studio	All
19:15 - 19:45	LES MILLS Grit	Studio	All
20:00 - 20:30	LES MILLS Body Balance	Sports Hall	All
20:35 - 21:10	LES MILLS Core	Studio	All