

Monmouth Fitness Class Timetable

Monmouth Leisure Centre

Accurate as of 17/04/2024

Times for Wednesday 22 January



Time	Session	Facility	Level
06:45 - 07:30	VIRTUAL - LES MILLS RPM	Spin Studio	All
06:45 - 07:40	VIRTUAL - LES MILLS BODY COMBAT	Studio	All
09:30 - 10:00	VIRTUAL - LES MILLS SPRINT	Spin Studio	All
09:30 - 10:15	LES MILLS Body Pump	Studio	All
10:45 - 11:30	Yoga	Studio	All
12:00 - 12:45	Stretch & Tone	Studio	
14:00 - 14:45	VIRTUAL - LES MILLS BODY BALANCE	Studio	All
18:00 - 18:45	HIIT FIT	Studio	All
18:00 - 18:45	Spin	Squash Courts	All