Monmouth Fitness Class Timetable

Monmouth Leisure Centre

Accurate as of 12/10/2024

Times for Tuesday 7 April

Time	Session	Facility	Level
06:45 - 07:15	VIRTUAL - LES MILLS GRIT	Studio	Advanced
06:45 - 07:15	VIRTUAL - LES MILLS SPRINT	Studio	All
09:30 - 10:15	Spin	Squash Courts	All
12:00 - 12:45	Gentle Exercise	Studio	All
14:00 - 14:45	VIRTUAL - LES MILLS BODY PUMP	Studio	All
17:00 - 17:30	VIRTUAL - LES MILLS CORE	Studio	All
18:00 - 18:45	Spin	Squash Courts	All