

Monmouth Fitness Class Timetable

Monmouth Leisure Centre

Accurate as of 24/04/2024

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 |