

Monmouth Fitness Class Timetable

Monmouth Leisure Centre

Accurate as of 03/05/2024

Times for Tuesday 23 April



Time	Session	Facility	Level
06:45 - 07:15	Meta Conditioning	Fitness Suite	All
06:45 - 07:15	VIRTUAL - LES MILLS SPRINT	Spin Studio	All
06:45 - 07:30	VIRTUAL - LES MILLS BODY ATTACK	Studio	Intermediate
09:30 - 10:15	Spin	Spin Studio	All
09:30 - 10:25	Pilates	Studio	All
10:45 - 11:40	Tai Chi	Studio	All
12:00 - 12:55	F4L Gentle Exercise	Studio	All
12:30 - 13:15	VIRTUAL - LES MILLS RPM	Spin Studio	All
16:30 - 17:15	VIRTUAL - LES MILLS RPM	Spin Studio	All
17:15 - 17:45	VIRTUAL - LES MILLS GRIT	Studio	All
18:00 - 18:45	Spin	Spin Studio	Intermediate
18:00 - 18:55	Kettlebells	Studio	Intermediate
19:00 - 19:45	VIRTUAL - LES MILLS THE TRIP	Spin Studio	Intermediate
19:10 - 20:05	Pilates	Studio	All