


Abergavenny Fitness Class Timetable

Abergavenny Leisure Centre

Accurate as of 05/05/2024

Times for Wednesday 8 April				
Time	Session	Facility	Level	
07:00 - 07:45	Spin	Cafe	All	
09:00 - 09:45	Gentle Exercise	NEW Fitness Studio	All (G/P)	
11:30 - 12:15	Gentle Exercise	NEW Fitness Studio	All (G/P)	
13:00 - 13:45	Gentle Exercise	NEW Fitness Studio	All (G/P)	
17:30 - 18:15	Boot Camp	Sports Hall	All	
18:45 - 19:30	Boot Camp	Sports Hall	All	
19:30 - 20:15	Spin	Cafe	All	