

# Abergavenny Fitness Class Timetable

## Abergavenny Leisure Centre

Accurate as of 10/04/2024

Times for Wednesday 22 July			
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