

# Abergavenny Fitness Class Timetable

## Abergavenny Leisure Centre

Accurate as of 18/07/2024

### Times for Friday 19 July



Time	Session	Facility	Level
06:30 - 07:00	LES MILLS RPM	NEW Spin Studio	Intermediate
06:45 - 07:15	VIRTUAL - LES MILLS GRIT	NEW Fitness Studio	Advanced
09:15 - 10:15	Fit4Life	NEW Fitness Studio	All
09:30 - 10:00	VIRTUAL - LES MILLS RPM	NEW Spin Studio	Intermediate
12:30 - 13:00	VIRTUAL - LES MILLS SPRINT	NEW Spin Studio	Advanced
16:00 - 16:45	VIRTUAL - LES MILLS THE TRIP	NEW Spin Studio	Intermediate
16:00 - 16:45	VIRTUAL - LES MILLS BARRE	NEW Fitness Studio	Intermediate
17:00 - 17:45	Spin	NEW Spin Studio	All
17:00 - 17:45	VIRTUAL - LES MILLS BODY ATTACK	NEW Fitness Studio	Intermediate
18:00 - 18:30	VIRTUAL - LES MILLS GRIT	NEW Fitness Studio	Advanced
18:00 - 18:45	Spin	NEW Spin Studio	All
18:45 - 19:15	VIRTUAL - LES MILLS CORE	NEW Fitness Studio	Intermediate
19:00 - 19:30	VIRTUAL - LES MILLS THE TRIP	NEW Spin Studio	Intermediate
19:30 - 20:25	VIRTUAL - LES MILLS BODY BALANCE	NEW Fitness Studio	Intermediate