

# Abergavenny Fitness Class Timetable

## Abergavenny Leisure Centre

Accurate as of 18/07/2024

### Times for Monday 22 July



Time	Session	Facility	Level
06:30 - 07:25	VIRTUAL - LES MILLS BODY PUMP	NEW Fitness Studio	All
07:00 - 07:45	Spin	NEW Spin Studio	All
09:30 - 10:15	VIRTUAL - LES MILLS RPM	NEW Spin Studio	Intermediate
09:30 - 10:25	Fit4Life	NEW Fitness Studio	All
10:45 - 11:40	Fit4Life	NEW Fitness Studio	All
12:00 - 12:45	Kettlebells	NEW Fitness Studio	All
12:30 - 13:00	VIRTUAL - LES MILLS SPRINT	NEW Spin Studio	Advanced
13:00 - 13:55	Fit4Life	NEW Fitness Studio	All
16:00 - 16:45	VIRTUAL - LES MILLS RPM	NEW Spin Studio	Intermediate
17:15 - 18:00	Spin	NEW Spin Studio	All
17:15 - 18:00	LES MILLS Body Pump	NEW Fitness Studio	All
18:00 - 18:45	Boot Camp	Sports Hall	All
18:15 - 19:00	Spin	NEW Spin Studio	All
18:15 - 19:00	LES MILLS Body Pump	NEW Fitness Studio	Intermediate
19:15 - 19:45	LES MILLS Sprint	NEW Spin Studio	Intermediate
19:15 - 20:10	Yoga	NEW Fitness Studio	All
21:30 - 22:30	Aqua Running	Pool	