

Abergavenny Fitness Class Timetable

Abergavenny Leisure Centre

Accurate as of 18/07/2024

Times for Tuesday 23 July



Time	Session	Facility	Level
06:30 - 07:00	VIRTUAL - LES MILLS SPRINT	NEW Spin Studio	Intermediate
07:00 - 07:55	Yoga	NEW Fitness Studio	All
09:30 - 10:00	VIRTUAL - LES MILLS SPRINT	NEW Spin Studio	Advanced
11:15 - 12:00	Tai Chi	NEW Fitness Studio	All
12:15 - 13:10	Fit4Life	NEW Fitness Studio	All
12:30 - 13:00	VIRTUAL - LES MILLS RPM	NEW Spin Studio	Intermediate
16:00 - 16:45	VIRTUAL - LES MILLS THE TRIP	NEW Spin Studio	Intermediate
16:15 - 17:00	Kettlebells	NEW Fitness Studio	All
17:15 - 18:00	Aerotone	NEW Fitness Studio	All
17:30 - 18:15	Spin	NEW Spin Studio	All
18:30 - 19:15	Box Fit	NEW Fitness Studio	All
19:30 - 20:15	VIRTUAL - LES MILLS RPM	NEW Spin Studio	Intermediate
19:30 - 20:25	Pilates	NEW Fitness Studio	All