

Abergavenny Fitness Class Timetable

Abergavenny Leisure Centre

Accurate as of 29/07/2024

Times for Sunday 4 August



| Time | Session | Facility | Level |
|---------------|----------------------------------|--------------------|--------------|
| 08:30 - 09:15 | VIRTUAL - LES MILLS SPRINT | NEW Spin Studio | Advanced |
| 09:30 - 10:15 | VIRTUAL - LES MILLS RPM | NEW Spin Studio | Intermediate |
| 09:30 - 10:25 | VIRTUAL - LES MILLS BODY PUMP | NEW Fitness Studio | Intermediate |
| 10:30 - 11:15 | VIRTUAL - LES MILLS THE TRIP | NEW Spin Studio | Intermediate |
| 11:00 - 11:55 | VIRTUAL - LES MILLS BODY BALANCE | NEW Fitness Studio | Intermediate |
| 14:00 - 14:30 | VIRTUAL - LES MILLS BARRE | NEW Fitness Studio | Intermediate |
| 16:00 - 16:45 | VIRTUAL - LES MILLS RPM | NEW Spin Studio | Intermediate |