

# Abergavenny Fitness Class Timetable

## Abergavenny Leisure Centre

Accurate as of 01/08/2024

### Times for Wednesday 7 August



Time	Session	Facility	Level
06:45 - 07:30	VIRTUAL - LES MILLS BODY COMBAT	NEW Fitness Studio	Intermediate
07:00 - 07:45	Spin	NEW Spin Studio	All
09:00 - 09:55	Fit4Life	NEW Fitness Studio	All
09:30 - 10:15	VIRTUAL - LES MILLS RPM	NEW Spin Studio	Intermediate
10:15 - 11:00	Kettlebells	NEW Fitness Studio	All
11:15 - 12:10	Fit4Life	NEW Fitness Studio	All
12:30 - 13:00	VIRTUAL - LES MILLS SPRINT	NEW Spin Studio	Advanced
16:00 - 16:30	VIRTUAL - LES MILLS SPRINT	NEW Spin Studio	Intermediate
17:30 - 18:00	Meta Conditioning	NEW Fitness Studio	All
17:30 - 18:15	Boot Camp	Sports Hall	All
18:15 - 19:00	LES MILLS Body Pump	NEW Fitness Studio	Intermediate
18:15 - 19:00	Spin	NEW Spin Studio	All
19:15 - 20:00	Kettlebells	NEW Fitness Studio	All
19:30 - 20:15	Spin	NEW Spin Studio	All