

Abergavenny Fitness Class Timetable

Abergavenny Leisure Centre

Accurate as of 09/08/2024

Times for Thursday 15 August



| Time | Session | Facility | Level |
|---------------|-------------------------------|--------------------|--------------|
| 06:30 - 07:15 | VIRTUAL - LES MILLS BODY PUMP | NEW Fitness Studio | All |
| 07:00 - 07:45 | Spin | NEW Spin Studio | All |
| 09:30 - 10:15 | Kettlebells | NEW Fitness Studio | |
| 09:30 - 10:15 | VIRTUAL - LES MILLS THE TRIP | NEW Spin Studio | Intermediate |
| 10:45 - 11:30 | Tai Chi | NEW Fitness Studio | All |
| 12:00 - 12:55 | Yoga | NEW Fitness Studio | All |
| 12:30 - 13:00 | VIRTUAL - LES MILLS RPM | NEW Spin Studio | Intermediate |
| 16:15 - 17:00 | VIRTUAL - LES MILLS RPM | NEW Spin Studio | Intermediate |
| 17:00 - 17:30 | LES MILLS Sprint | NEW Spin Studio | Intermediate |
| 17:30 - 18:00 | Meta Conditioning | NEW Fitness Studio | Intermediate |
| 18:15 - 19:00 | LES MILLS Body Pump | NEW Fitness Studio | Intermediate |
| 18:30 - 19:15 | Spin | NEW Spin Studio | All |
| 19:15 - 19:45 | VIRTUAL - LES MILLS CORE | NEW Fitness Studio | Intermediate |
| 19:20 - 20:05 | VIRTUAL - LES MILLS RPM | NEW Spin Studio | Intermediate |