

Abergavenny Fitness Class Timetable

Abergavenny Leisure Centre

Accurate as of 20/10/2024

Times for Saturday 28 September



Time	Session	Facility	Level
08:30 - 09:00	VIRTUAL - LES MILLS SPRINT	NEW Spin Studio	All
09:15 - 10:00	Les Mills Body Attack	NEW Fitness Studio	Intermediate
09:30 - 10:00	VIRTUAL - LES MILLS SPRINT	NEW Spin Studio	Advanced
09:30 - 10:15	Boot Camp	Sports Hall	All
10:30 - 11:15	Spin	NEW Spin Studio	All
11:00 - 11:55	VIRTUAL - LES MILLS SH'BAM	NEW Fitness Studio	Intermediate
11:30 - 12:15	VIRTUAL - LES MILLS THE TRIP	NEW Spin Studio	Intermediate
14:00 - 14:45	VIRTUAL - LES MILLS BODY COMBAT	NEW Fitness Studio	Intermediate
16:00 - 16:30	VIRTUAL - LES MILLS SPRINT	NEW Spin Studio	Advanced