

Abergavenny Fitness Class Timetable

Abergavenny Leisure Centre

Accurate as of 26/11/2024

Times for Thursday 28 November



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