

Abergavenny Fitness Class Timetable

Abergavenny Leisure Centre

Accurate as of 26/11/2024

Times for Sunday 1 December



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