

Caldicot Fitness Class Timetable

Caldicot Leisure Centre

Accurate as of 02/05/2024

Times for Tuesday 14 January



| Time | Session | Facility | Level |
|---------------|---------------|-----------------|-----------|
| 11:00 - 12:00 | Tai Chi (F4L) | Dance Studio | All (G/P) |
| 18:00 - 18:45 | Cardio Combat | Dance Studio | All |
| 18:15 - 19:00 | Spin | Dance Studio | All |
| 19:00 - 19:55 | Yoga | Community Suite | All |
| 19:15 - 20:00 | Spin | Dance Studio | All |