

Caldicot Fitness Class Timetable

Caldicot Leisure Centre

Accurate as of 03/05/2024

Times for Wednesday 15 January



Time	Session	Facility	Level
09:30 - 10:15	Zumba	Community Suite	All
10:30 - 11:25	Tai Chi (F4L)	Dance Studio	All (G/P)
12:30 - 13:25	FIT 4 Life Easyline	Dance Studio	All (G/P)
17:45 - 18:40	FIT 4 Life Easyline	Dance Studio	All (G/P)
18:00 - 19:00	Body Blast	Community Suite	All
19:30 - 20:15	Aqua Running	Pool	All (G/P)