

Caldicot Fitness Class Timetable

Caldicot Leisure Centre

Accurate as of 28/04/2024

Times for Monday 20 January



Time	Session	Facility	Level
09:30 - 10:25	Fit Mix	Dance Studio	All
10:30 - 11:25	Zumba	Community Suite	All
11:30 - 12:25	FIT 4 Life Easyline	Dance Studio	All (G/P)
12:30 - 13:25	FIT 4 Life Easyline	Dance Studio	All (G/P)
17:30 - 18:25	FIT 4 Life Easyline	Dance Studio	All (G/P)
18:15 - 19:10	Legs, Bums & Tums	Community Suite	All
19:15 - 20:10	Boxercise	Community Suite	All
19:30 - 20:15	Aqua Running	Pool	All (G/P)