

Caldicot Fitness Class Timetable

Caldicot Leisure Centre

Accurate as of 09/04/2024

Times for Tuesday 21 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