

Caldicot Fitness Class Timetable

Caldicot Leisure Centre

Accurate as of 18/04/2024

Times for Wednesday 17 April



| Time | Session | Facility | Level |
|---------------|------------------------------|-----------------------|-------|
| 07:00 - 07:45 | VIRTUAL - LES MILLS THE TRIP | Dance Studio | All |
| 09:00 - 10:00 | Boxercise | Pool | |
| 09:30 - 10:15 | LES MILLS Sprint | Advance Fitness Suite | All |
| 12:15 - 12:45 | VIRTUAL - LES MILLS SPRINT | Advance Fitness Suite | All |
| 13:00 - 13:55 | FIT 4 Life Easyline | Dance Studio | All |
| 18:00 - 18:55 | Fit Mix | Dance Studio | All |
| 19:00 - 19:30 | VIRTUAL - LES MILLS SPRINT | Advance Fitness Suite | All |
| 19:15 - 20:10 | Pilates | Dance Studio | All |