

Caldicot Fitness Class Timetable

Caldicot Leisure Centre

Accurate as of 20/07/2024

Times for Friday 26 July



| Time | Session | Facility | Level |
|---------------|------------------------------|-----------------------|-------|
| 07:00 - 07:45 | LES MILLS Sprint | Advance Fitness Suite | All |
| 09:30 - 10:25 | Fit Mix | Dance Studio | All |
| 10:45 - 11:40 | FIT 4 Life Easyline | Dance Studio | All |
| 12:30 - 13:00 | VIRTUAL - LES MILLS SPRINT | Advance Fitness Suite | All |
| 18:00 - 18:30 | Spin | Advance Fitness Suite | All |
| 19:00 - 19:45 | VIRTUAL - LES MILLS THE TRIP | Dance Studio | All |