

# Caldicot Fitness Class Timetable

## Caldicot Leisure Centre

Accurate as of 01/08/2024

### Times for Wednesday 7 August



| 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   |