

# Caldicot Fitness Class Timetable

## Caldicot Leisure Centre

Accurate as of 12/08/2024

### Times for Sunday 18 August



| Time          | Session                      | Facility              | Level    |
|---------------|------------------------------|-----------------------|----------|
| 08:45 - 09:15 | VIRTUAL - LES MILLS SPRINT   | Dance Studio          | Advanced |
| 10:30 - 11:15 | VIRTUAL - LES MILLS THE TRIP | Dance Studio          | All      |
| 15:00 - 15:45 | VIRTUAL - LES MILLS THE TRIP | Dance Studio          | All      |
| 16:00 - 16:45 | VIRTUAL - LES MILLS RPM      | Advance Fitness Suite | All      |