

# Caldicot Fitness Class Timetable

## Caldicot Leisure Centre

Accurate as of 04/09/2024

### Times for Saturday 31 August



Time	Session	Facility	Level
08:15 - 09:15	Spin	Dance Studio	
08:30 - 09:15	LES MILLS Body Pump	Main Hall	All
09:30 - 10:00	VIRTUAL - LES MILLS SPRINT	Advance Fitness Suite	All
09:30 - 10:25	LES MILLS Body Balance	Dance Studio	All
15:00 - 15:45	VIRTUAL - LES MILLS THE TRIP	Dance Studio	All
16:00 - 16:30	VIRTUAL - LES MILLS SPRINT	Advance Fitness Suite	All