

# Caldicot Fitness Class Timetable

## Caldicot Leisure Centre

Accurate as of 04/09/2024

### Times for Sunday 8 September



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