

Chepstow Fitness Class Timetable

Chepstow Leisure Centre

Accurate as of 03/05/2024

Times for Monday 13 January



Time	Session	Facility	Level
09:15 - 10:00	Yoga	Dance Studio	All
10:30 - 11:15	Yoga	Dance Studio	All (G/P)
12:00 - 12:45	Gentle Exercise	Dance Studio	All
13:15 - 14:00	Gentle Exercise	Dance Studio	All (G/P)
18:00 - 18:45	Pump	Dance Studio	All
18:00 - 18:45	HIIT FIT	Sports Hall	All
19:15 - 20:00	Spin	Cafe	All
19:15 - 20:00	Meta Conditioning	Dance Studio	All