

# Chepstow Fitness Class Timetable

## Chepstow Leisure Centre

Accurate as of 03/05/2024

### Times for Tuesday 14 January



Time	Session	Facility	Level
09:30 - 10:15	Kettlebells	Dance Studio	All
10:45 - 11:30	Gentle Exercise	Dance Studio	All (G/P)
18:00 - 18:45	Legs, Bums & Tums	Dance Studio	All
19:15 - 20:00	Pilates	Dance Studio	All