Chepstow Fitness Class Timetable

Chepstow Leisure Centre

Accurate as of 12/10/2024

Times for Wednesday 22 January

Time	Session	Facility	Level
09:30 - 10:15	Meta Conditioning	Dance Studio	All
13:00 - 13:45	Gentle Exercise	Dance Studio	All (G/P)
17:30 - 18:15	Yoga	Dance Studio	All (G/P)
18:00 - 18:45	Meta Conditioning	Sports Hall	All