

Chepstow Fitness Class Timetable

Chepstow Leisure Centre

Accurate as of 03/05/2024

Times for Friday 24 January



Time	Session	Facility	Level
09:30 - 10:15	Tai Chi (F4L)	Dance Studio	All
12:00 - 12:45	Gentle Exercise	Dance Studio	All (G/P)
17:15 - 18:00	Spin	Cafe	All
18:15 - 19:00	Meta Conditioning	Dance Studio	All
18:30 - 19:15	Spin	Cafe	All