

Chepstow Fitness Class Timetable

Chepstow Leisure Centre

Accurate as of 17/04/2024

Times for Tuesday 7 April



| 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 |