

Chepstow Fitness Class Timetable

Chepstow Leisure Centre

Accurate as of 15/05/2024

Times for Monday 1 April



| Time | Session | Facility | Level |
|---------------|----------------------|-----------------------|-----------------|
| 09:15 - 10:10 | Yoga | Dance Studio | All |
| 10:30 - 11:25 | Yoga | Dance Studio | All (G/P) |
| 12:00 - 12:55 | F4L Gentle Exercise | Dance Studio | All |
| 15:15 - 16:00 | NRG Zone (11-13 yrs) | Advance Fitness Suite | 11-13 YEAR OLDS |
| 17:30 - 18:15 | Spin | Dance Studio | All |
| 18:00 - 18:45 | HIIT FIT | Sports Hall | All |
| 18:30 - 19:25 | Pump | Dance Studio | All |
| 19:40 - 20:35 | Yoga | Dance Studio | All |