

# Monmouth Fitness Class Timetable

## Monmouth Leisure Centre

Accurate as of 03/05/2026

### Times for Monday 4 May



Time	Session	Facility	Level
06:45 - 07:30	VIRTUAL - LES MILLS BODY PUMP	Studio	All
06:45 - 07:30	VIRTUAL - LES MILLS THE TRIP	Spin Studio	Intermediate
09:30 - 10:15	VIRTUAL - LES MILLS RPM	Spin Studio	All
09:30 - 10:25	LES MILLS Body Combat	Studio	All
10:40 - 11:35	Yoga	Studio	All
12:00 - 12:55	Tai Chi	Studio	All
12:30 - 13:00	VIRTUAL - LES MILLS SPRINT	Spin Studio	All
13:00 - 13:45	F4L Walking Netball	Sports Hall	All
16:30 - 17:15	VIRTUAL - LES MILLS THE TRIP	Spin Studio	Intermediate
17:30 - 18:00	LES MILLS Grit	Studio	Advanced
18:00 - 18:45	Spin	Spin Studio	All
18:00 - 18:55	Meta Conditioning	Sports Hall	All
18:15 - 19:00	LES MILLS Body Pump	Studio	All
19:15 - 20:00	Spin	Spin Studio	All