Monmouth Fitness Class Timetable

Monmouth Leisure Centre

Accurate as of 30/10/2026

Times for Friday 30 October

Time	Session	Facility	Level
06:45 - 07:15	Meta Conditioning	Fitness Suite	All
06:45 - 07:30	VIRTUAL - LES MILLS RPM	Spin Studio	All
09:30 - 10:15	Kettlebells	Studio	Intermediate
09:30 - 10:15	Spin	Spin Studio	All
12:15 - 13:10	Tai Chi	Studio	All
12:30 - 13:00	VIRTUAL - LES MILLS SPRINT	Spin Studio	Advanced
16:30 - 17:15	VIRTUAL - LES MILLS RPM	Spin Studio	All
17:15 - 18:00	LES MILLS Body Pump	Studio	Intermediate
17:45 - 18:15	VIRTUAL - LES MILLS SPRINT	Spin Studio	Intermediate
18:15 - 19:00	LES MILLS Body Combat	Studio	Intermediate
19:00 - 19:45	LES MILLS RPM	Spin Studio	All
19:15 - 20:10	Yoga	Studio	All