

Monmouth Fitness Class Timetable

Monmouth Leisure Centre

Accurate as of 30/10/2026

Times for Saturday 31 October				
Time	Session	Facility	Level	
08:30 - 09:00	VIRTUAL - LES MILLS SPRINT	Spin Studio	All	
08:45 - 09:15	HIIT	Studio	Advanced	
09:30 - 10:15	Spin	Spin Studio	All	
09:30 - 10:15	Yoga	Studio	Intermediate	
10:30 - 11:15	VIRTUAL - LES MILLS BODY BALANCE	Studio	All	
12:00 - 12:45	VIRTUAL - LES MILLS BODY PUMP	Studio	All	
13:00 - 13:45	VIRTUAL - LES MILLS BODY ATTACK	Studio	Intermediate	
14:00 - 14:30	VIRTUAL - LES MILLS BARRE	Studio	All	
15:00 - 15:30	VIRTUAL - LES MILLS SPRINT	Spin Studio	All	
15:00 - 15:30	VIRTUAL - LES MILLS GRIT	Studio	All	
16:00 - 16:30	VIRTUAL - LES MILLS CORE	Studio	All	
16:15 - 17:00	VIRTUAL - LES MILLS RPM	Spin Studio	All	