Monmouth Fitness Class Timetable

Monmouth Leisure Centre

Accurate as of 30/10/2026

Times for Sunday 1 November

Time	Session	Facility	Level
08:30 - 09:00	VIRTUAL - LES MILLS RPM	Spin Studio	All
08:30 - 09:00	VIRTUAL - LES MILLS GRIT	Studio	All
09:30 - 10:00	VIRTUAL - LES MILLS CORE	Studio	Advanced
10:30 - 11:00	VIRTUAL - LES MILLS SPRINT	Spin Studio	All
10:30 - 11:15	VIRTUAL - LES MILLS BODY ATTACK	Studio	Intermediate
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	Advanced
16:00 - 16:45	VIRTUAL - LES MILLS SH'BAM	Studio	All
16:15 - 17:00	VIRTUAL - LES MILLS RPM	Spin Studio	All