

# Monmouth Fitness Class Timetable

## Monmouth Leisure Centre

Accurate as of 30/10/2026

### Times for Monday 2 November



| 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          |