

Monmouth Fitness Class Timetable

Monmouth Leisure Centre

Accurate as of 30/10/2026

Times for Wednesday 4 November



Time	Session	Facility	Level
06:45 - 07:30	VIRTUAL - LES MILLS RPM	Spin Studio	All
07:00 - 07:45	VIRTUAL - LES MILLS BODY COMBAT	Studio	All
07:15 - 08:00	VIRTUAL - LES MILLS THE TRIP	Spin Studio	Intermediate
09:30 - 10:00	VIRTUAL - LES MILLS SPRINT	Spin Studio	All
09:30 - 10:15	LES MILLS Body Pump	Studio	All
10:45 - 11:40	Yoga	Studio	All
12:00 - 12:55	Stretch & Tone	Studio	
12:30 - 13:00	VIRTUAL - LES MILLS SPRINT	Spin Studio	All
16:30 - 17:15	VIRTUAL - LES MILLS RPM	Spin Studio	All
18:00 - 18:45	HIIT FIT	Studio	All
18:15 - 19:00	VIRTUAL - LES MILLS RPM	Spin Studio	
19:00 - 19:45	VIRTUAL - LES MILLS BODY ATTACK	Studio	All
19:15 - 20:00	VIRTUAL - LES MILLS THE TRIP	Spin Studio	All