

Monmouth Fitness Class Timetable

Monmouth Leisure Centre

Accurate as of 30/10/2026

Times for Thursday 5 November



Time	Session	Facility	Level
06:45 - 07:15	Meta Conditioning	Fitness Suite	All
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 BODY PUMP	Studio	All
09:30 - 10:15	Spin	Spin Studio	All
10:30 - 11:25	Pilates	Studio	
10:30 - 12:00	F4L Multi Sports	Squash Courts	
12:00 - 12:55	F4L Gentle Exercise	Studio	All
12:30 - 13:15	VIRTUAL - LES MILLS RPM	Spin Studio	All
16:30 - 17:15	VIRTUAL - LES MILLS THE TRIP	Spin Studio	Intermediate
18:00 - 18:30	LES MILLS Grit	Studio	All
18:00 - 18:45	VIRTUAL - LES MILLS RPM	Spin Studio	All
18:45 - 19:30	VIRTUAL - LES MILLS BODY PUMP	Studio	All
19:00 - 19:45	Spin	Spin Studio	All
19:00 - 19:55	Box Fit	Studio	All
20:05 - 21:00	Pilates	Studio	All