Abergavenny Fitness Class Timetable Abergavenny Leisure Centre

Accurate as of 18/05/2024

| Times for Tuesday 24 November | | | |
|-------------------------------|----------------------|-----------------------|-----------------|
| Time | Session | Facility | Level |
| 12:30 - 13:15 | Gentle Exercise | NEW Fitness Studio | All (G/P) |
| 15:15 - 16:00 | NRG Zone (11-13 yrs) | Advance Fitness Suite | 11-13 YEAR OLDS |
| 17:30 - 18:15 | Spin | Cafe | All |
| 18:30 - 19:15 | Stretch & Tone | NEW Fitness Studio | All |