

Abergavenny Fitness Class Timetable

Abergavenny Leisure Centre

Accurate as of 05/05/2024

Times for Wednesday 25 November



Time	Session	Facility	Level
07:00 - 07:45	Spin	Cafe	All
09:00 - 09:45	Gentle Exercise	NEW Fitness Studio	All (G/P)
11:30 - 12:15	Gentle Exercise	NEW Fitness Studio	All (G/P)
13:00 - 13:45	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	Boot Camp	Sports Hall	All
18:45 - 19:30	Boot Camp	Sports Hall	All
19:30 - 20:15	Spin	Cafe	All