

# Abergavenny Fitness Class Timetable

## Abergavenny Leisure Centre

Accurate as of 05/05/2024

### Times for Thursday 26 November



Time	Session	Facility	Level
07:00 - 07:45	Spin	Cafe	All
15:15 - 16:00	NRG Zone (11-13 yrs)	Advance Fitness Suite	11-13 YEAR OLDS
18:00 - 18:30	Meta Conditioning	NEW Fitness Studio	Advanced
19:00 - 19:30	Stretch & Tone	NEW Fitness Studio	All