

# Abergavenny Fitness Class Timetable

## Abergavenny Leisure Centre

Accurate as of 02/05/2024

Times for Tuesday 1 December

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