

Abergavenny Fitness Class Timetable

Abergavenny Leisure Centre

Accurate as of 01/05/2024

Times for Friday 4 December			
Time	Session	Facility	Level
15:15 - 16:00	NRG Zone (11-13 yrs)	Advance Fitness Suite	11-13 YEAR OLDS
17:00 - 17:45	Spin	Cafe	All
18:15 - 19:00	Spin	Cafe	All