

Abergavenny Fitness Class Timetable

Abergavenny Leisure Centre

Accurate as of 01/05/2024

Times for Saturday 5 December



Time	Session	Facility	Level
09:15 - 10:00	Boot Camp	Sports Hall	All
09:30 - 10:15	Meta Conditioning	School Gym	Advanced
10:30 - 11:15	Spin	Cafe	All
14:15 - 15:00	NRG Zone (11-13 yrs)	Advance Fitness Suite	11-13 YEAR OLDS