

Abergavenny Fitness Class Timetable

Abergavenny Leisure Centre

Accurate as of 19/07/2026

Times for Sunday 19 July				
Time	Session	Facility	Level	
08:30 - 09:15	VIRTUAL - LES MILLS SPRINT	NEW Spin Studio	Advanced	
09:30 - 10:15	VIRTUAL - LES MILLS RPM	NEW Spin Studio	Intermediate	
09:30 - 10:25	VIRTUAL - LES MILLS BODY PUMP	NEW Fitness Studio	Intermediate	
10:30 - 11:15	VIRTUAL - LES MILLS THE TRIP	NEW Spin Studio	Intermediate	
11:00 - 11:55	VIRTUAL - LES MILLS BODY BALANCE	NEW Fitness Studio	Intermediate	
14:00 - 14:30	VIRTUAL - LES MILLS BARRE	NEW Fitness Studio	Intermediate	
16:00 - 16:45	VIRTUAL - LES MILLS RPM	NEW Spin Studio	Intermediate	