

# Caldicot Fitness Class Timetable

## Caldicot Leisure Centre

Accurate as of 19/07/2026

### Times for Tuesday 21 July



| Time          | Session                    | Facility              | Level    |
|---------------|----------------------------|-----------------------|----------|
| 07:00 - 07:30 | VIRTUAL - LES MILLS SPRINT | Dance Studio          | Advanced |
| 09:30 - 10:25 | Kettlebells                | Dance Studio          | All      |
| 10:45 - 11:40 | FIT 4 Life Easyline        | Dance Studio          | All      |
| 10:45 - 11:40 | F4L Dance                  | Dance Studio          | All      |
| 12:00 - 12:55 | Tai Chi                    | Dance Studio          | All      |
| 12:15 - 12:45 | VIRTUAL - LES MILLS SPRINT | Advance Fitness Suite | All      |
| 13:00 - 13:55 | FIT 4 Life Easyline        | Dance Studio          | All      |
| 18:00 - 18:30 | LES MILLS Sprint           | Dance Studio          | All      |
| 18:00 - 18:55 | LES MILLS Body Combat      | Main Hall             | All      |
| 18:00 - 18:55 | Yoga                       | Dance Studio          | All      |
| 18:45 - 19:15 | LES MILLS Sprint           | Advance Fitness Suite | All      |
| 19:15 - 20:10 | LES MILLS Body Balance     | Dance Studio          | All      |