Caldicot Fitness Class Timetable

Caldicot Leisure Centre

Accurate as of 03/11/2026

Times for Wednesday 4 November

Time	Session	Facility	Level
07:00 - 07:45	VIRTUAL - LES MILLS THE TRIP	Dance Studio	All
09:00 - 10:00	Boxercise	Pool	
09:30 - 10:15	LES MILLS Sprint	Advance Fitness Suite	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 - 18:55	Fit Mix	Dance Studio	All
19:00 - 19:30	VIRTUAL - LES MILLS SPRINT	Advance Fitness Suite	All
19:15 - 20:10	Pilates	Dance Studio	All