Caldicot Fitness Class Timetable

Caldicot Leisure Centre

Accurate as of 03/11/2026

Times for Thursday 5 November

Time	Session	Facility	Level
07:00 - 07:45	VIRTUAL - LES MILLS THE TRIP	Dance Studio	All
09:30 - 10:25	LES MILLS Body Pump	Main Hall	All
11:15 - 12:10	FIT 4 Life Easyline	Dance Studio	All
12:30 - 13:00	VIRTUAL - LES MILLS SPRINT	Advance Fitness Suite	All
18:00 - 18:45	Spin	Advance Fitness Suite	All
18:00 - 18:55	LES MILLS Body Pump	Main Hall	All
18:00 - 18:55	Kettlebells	Dance Studio	All
19:00 - 19:45	VIRTUAL - LES MILLS RPM	Advance Fitness Suite	All
19:15 - 20:10	Yoga	Dance Studio	All