Caldicot Fitness Class Timetable

Caldicot Leisure Centre

Accurate as of 03/11/2026

Times for Friday 6 November

Time	Session	Facility	Level
07:00 - 07:45	LES MILLS Sprint	Advance Fitness Suite	All
09:30 - 10:25	Fit Mix	Dance Studio	All
10:45 - 11:40	FIT 4 Life Easyline	Dance Studio	All
12:30 - 13:00	VIRTUAL - LES MILLS SPRINT	Advance Fitness Suite	All
18:00 - 18:30	Spin	Advance Fitness Suite	All
19:00 - 19:45	VIRTUAL - LES MILLS THE TRIP	Dance Studio	All