Caldicot Fitness Class Timetable

Caldicot Leisure Centre

Accurate as of 03/11/2026

Times for Saturday 7 November

Time	Session	Facility	Level
08:15 - 09:15	Spin	Dance Studio	
08:30 - 09:15	LES MILLS Body Pump	Main Hall	All
09:30 - 10:00	VIRTUAL - LES MILLS SPRINT	Advance Fitness Suite	All
09:30 - 10:25	LES MILLS Body Balance	Dance Studio	All
15:00 - 15:45	VIRTUAL - LES MILLS THE TRIP	Dance Studio	All
16:00 - 16:30	VIRTUAL - LES MILLS SPRINT	Advance Fitness Suite	All