Caldicot Fitness Class Timetable

Caldicot Leisure Centre

Accurate as of 03/11/2026

Times for Sunday 8 November

Time	Session	Facility	Level
08:45 - 09:15	VIRTUAL - LES MILLS SPRINT	Dance Studio	Advanced
10:30 - 11:15	VIRTUAL - LES MILLS THE TRIP	Dance Studio	All
15:00 - 15:45	VIRTUAL - LES MILLS THE TRIP	Dance Studio	All
16:00 - 16:45	VIRTUAL - LES MILLS RPM	Advance Fitness Suite	All