Caldicot Fitness Class Timetable

Caldicot Leisure Centre

Accurate as of 03/11/2026

Times for Monday 9 November

Time	Session	Facility	Level
07:00 - 07:30	VIRTUAL - LES MILLS RPM	Advance Fitness Suite	
09:30 - 10:25	Fit Mix	Dance Studio	All
10:45 - 11:30	Aerobics	Dance Studio	All
12:00 - 12:55	FIT 4 Life Easyline	Dance Studio	All
13:00 - 13:55	FIT 4 Life Easyline	Dance Studio	All
18:00 - 18:45	Spin	Advance Fitness Suite	All
18:15 - 19:10	Legs, Bums & Tums	Dance Studio	All
19:00 - 19:30	VIRTUAL - LES MILLS SPRINT	Advance Fitness Suite	All
19:15 - 20:00	LES MILLS Body Pump	Main Hall	All
19:15 - 20:10	LES MILLS Body Balance	Community Suite	All