

# Chepstow Fitness Class Timetable

## Chepstow Leisure Centre

Accurate as of 24/04/2026

### Times for Friday 24 April



| Time          | Session              | Facility              | Level           |
|---------------|----------------------|-----------------------|-----------------|
| 09:30 - 10:15 | Tai Chi              | Dance Studio          | All             |
| 10:30 - 11:25 | Zumba                | Dance Studio          | All             |
| 12:00 - 12:55 | F4L Gentle Exercise  | Dance Studio          | All (G/P)       |
| 15:15 - 16:00 | NRG Zone (11-13 yrs) | Advance Fitness Suite | 11-13 YEAR OLDS |
| 17:15 - 18:00 | Spin                 | Community Room        | All             |
| 18:15 - 19:00 | Meta Conditioning    | Sports Hall           | All             |
| 18:15 - 19:00 | Pilates              | Community Room        | All             |