

Chepstow Fitness Class Timetable

Chepstow Leisure Centre

Accurate as of 31/05/2026

Times for Thursday 4 June



| Time | Session | Facility | Level |
|---------------|---------------------|--------------|-------|
| 09:15 - 10:10 | Yoga | Dance Studio | All |
| 10:30 - 11:15 | Spin | Dance Studio | All |
| 11:30 - 12:25 | F4L Gentle Exercise | Dance Studio | All |
| 13:00 - 13:55 | F4L Gentle Exercise | Dance Studio | All |
| 17:45 - 18:30 | Latin Dance | Dance Studio | All |
| 18:45 - 19:40 | Step | Dance Studio | All |
| 19:50 - 20:45 | Pilates | Dance Studio | All |