

Chepstow Fitness Class Timetable

Chepstow Leisure Centre

Accurate as of 30/07/2026

Times for Wednesday 5 August				
Time	Session	Facility	Level	
09:30 - 10:25	WOD	Dance Studio	All	
11:00 - 11:55	F4L Dance	Dance Studio	All	
12:00 - 12:55	F4L Gentle Exercise	Dance Studio	All	
17:30 - 18:25	Yoga	Dance Studio	All	
18:00 - 18:45	Meta Conditioning	Sports Hall	All	
18:40 - 19:35	Pump	Dance Studio	All	
19:50 - 20:35	Spin	Dance Studio	All	