Chepstow Fitness Class Timetable

Chepstow Leisure Centre

Accurate as of 27/11/2026

Times for Friday 27 November

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