Chepstow Fitness Class Timetable

Chepstow Leisure Centre

Accurate as of 27/11/2026

Times for Monday 30 November

Time	Session	Facility	Level
09:15 - 10:10	Yoga	Dance Studio	All
10:30 - 11:25	Yoga	Dance Studio	All (G/P)
12:00 - 12:55	F4L Gentle Exercise	Dance Studio	All
15:15 - 16:00	NRG Zone (11-13 yrs)	Advance Fitness Suite	11-13 YEAR OLDS
17:30 - 18:15	Spin	Dance Studio	All
18:00 - 18:45	HIIT FIT	Sports Hall	All
18:30 - 19:25	Pump	Dance Studio	All
19:40 - 20:35	Yoga	Dance Studio	All