Chepstow Fitness Class Timetable

Chepstow Leisure Centre

Accurate as of 27/11/2026

Times for Tuesday 1 December

Time	Session	Facility	Level
09:30 - 10:25	Kettlebells	Dance Studio	All
10:45 - 11:40	F4L Gentle Exercise	Dance Studio	All
18:00 - 18:55	Legs, Bums & Tums	Dance Studio	All
19:05 - 20:00	Pilates	Dance Studio	All