Chepstow Fitness Class Timetable

Chepstow Leisure Centre

Accurate as of 27/11/2026

Times for Wednesday 2 December

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