Chepstow Fitness Class Timetable

Chepstow Leisure Centre

Accurate as of 27/11/2026

Times for Thursday 3 December

Time	Session	Facility	Level
09:15 - 10:10	Yoga	Dance Studio	All
10:30 - 11:15	Spin	Dance Studio	All
11:30 - 12:25	F4L Gentle Exercise	Dance Studio	All
13:00 - 13:55	F4L Gentle Exercise	Dance Studio	All
17:45 - 18:30	Latin Dance	Dance Studio	All
18:45 - 19:40	Step	Dance Studio	All
19:50 - 20:45	Pilates	Dance Studio	All