



OUTDOOR FITNESS CLASS TIMETABLE

AMMAN VALLEY LEISURE CENTRE

26 April - 2 May 2021

MONDAY 26 APRIL	TUESDAY 27 APRIL	THURSDAY 29 APRIL	FRIDAY 30 APRIL	SUNDAY 2 MAY
17:30 - 18:30 TABATA	18:15 - 19:15 BODY BLAST	17:30 - 18:15 TABATA	17:30 - 18:30 YOGALATES	09:30 - 10:30 BARBELL SCULPT
18:45 - 19:30 BODY SCULPT	19:30 - 20:30 YOGALATES	18:30 - 19:30 SCULPT & TONE		10:45 - 11:30 CIRCUITS

Class times are subject to change

Actif Sport and Leisure

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BOOK ONLINE OR VIA THE APP FROM 21 APRIL

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Cyngor Sir Gâr
Carmarthenshire
County Council