



FITNESS CLASS TIMETABLE (INDOOR AND OUTDOOR)

CARMARTHEN LEISURE CENTRE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:45	SYNRGY		COACH BY COLOUR		COACH BY COLOUR		
07:45	SPIN	BOOTCAMP		BOOTCAMP		CIRCUITS	
10:00	BARBELL SCULPT	TABATA	BODY BLAST	TABATA	AEROBICS	BODY BLAST	ZUMBA
11:30	LEGS, BUMS AND TUMS		YOGA		CORE		
13:00		SYNRGY		SYNRGY			
17:30	SPIN	BODY SCULPT	KETTLEBELLS	SPIN	CIRCUITS		
19:00	COACH BY COLOUR	BOOTCAMP	CIRCUITS	LEGS, BUMS AND TUMS	COACH BY COLOUR		
19:00	ZUMBA						

	Indoor class
	Outdoor / marquee class

BOOK ONLINE / APP
ACTIF.WALES