

FITNESS CLASS TIMETABLE (INDOOR AND OUTDOOR)

LLANELLI LEISURE CENTRE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:45	BARBELL SCULPT	BOOTCAMP	KETTLEBELLS				
07:30	VIRTUAL SPIN	VIRTUAL SPIN	VIRTUAL SPIN	VIRTUAL SPIN	VIRTUAL SPIN		
08:15						VIRTUAL SPIN	VIRTUAL SPIN
08:30	AQUA AEROBICS		AQUA AEROBICS		AQUA AEROBICS		
09:30	BODY SCULPT	DANCEFIT	LEGS, BUMS AND TUMS	BOXFIT	BARBELL SCULPT	DANCEFIT	
10:30	CORE	PILATES	CORE	YOGA COACH BY COLOUR		YOGA	
12:15	VIRTUAL SPIN	VIRTUAL SPIN	VIRTUAL SPIN	VIRTUAL SPIN	VIRTUAL SPIN	VIRTUAL SPIN	VIRTUAL SPIN
15:45						VIRTUAL SPIN	VIRTUAL SPIN
16:15			JUNIOR SPIN				
17:15	COACH BY COLOUR		COACH BY COLOUR				
17:30		LEGS, BUMS AND TUMS	BARBELL SCULPT	TABATA			
17:45		COACH BY COLOUR		COACH BY COLOUR			
18:15			COACH BY COLOUR				
18:30	DANCEFIT		BODY BLAST				
18:45		KETTLEBELLS		KETTLEBELLS	PILATES		
19:15	VIRTUAL SPIN	VIRTUAL SPIN	VIRTUAL SPIN	VIRTUAL SPIN	VIRTUAL SPIN		
19:30	YOGALATES		YOGA				

	Indoor class
	Outdoor / marquee class
	In the pool

BOOK ONLINE / APP
ACTIF.WALES