

FITNESS CLASS TIMETABLE

NEWCASTLE EMLYN LEISURE CENTRE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:45	COACH BY COLOUR		COACH BY COLOUR			
09:00					YOGA	COACH BY COLOUR
18:00	JUNGLE BODY		HIIT	JUNGLE BODY		
19:30	COACH BY COLOUR		CORE			

BOOK ONLINE / APP
ACTIF.WALES