

MONDAY

09:00

TABATA

Intermediate - Advanced

09:45

CORE & STRETCH

Intermediate - Advanced

11:30

DANCEFIT

Intermediate

12:00

CARDIO

Mixed Ability

12:30

MODERATE FLOW YOGA

Intermediate - Advanced

12:45

BACK TO FITNESS

Beginner

TUESDAY

06:30

HIIT

Advanced

07:15

CIRCUITS

Intermediate

08:15

SCULPT & TONE

Intermediate

11:30

DANCE GOLD

Beginner

12:30

BOXFIT

Intermediate - Advanced

17:30

BODY SCULPT

Advanced

18:30

KETTLEBELL HIIT

Intermediate - Advanced

WEDNESDAY

08:00

FULL BODY RESISTANCE BAND WORKOUT & STRETCH

Mixed Ability

09:00

LEGS, BUMS & THUS

Intermediate -
Advanced

THURSDAY

12:00

GENTLE YOGA

Beginner

16:45

FAMILY FITNESS

Mixed Ability

19:45

DUMBBELLS & CORE

Intermediate -
Advanced

FRIDAY

10:00

WALK YOUR WAY TO FITNESS

Mixed Ability

17:00

BOXFIT

Intermediate -
Advanced

SATURDAY

08:30

HIIT

Advanced

11:30

FAMILY FITNESS

Mixed Ability



App Store



Google Play

Actif Sport and Leisure



Class times are subject to change

Cynfor Sir Gŵr
Carmarthenshire
County Council

