

# FITNESS CLASS TIMETABLE

NEWCASTLE EMLYN LEISURE CENTRE

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

BOOK ONLINE / APP  
**ACTIF.WALES**