

FITNESS CLASS TIMETABLE

LLANDOVERY LEISURE CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:30 VIRTUAL SPIN	07:30 VIRTUAL SPIN	07:30 VIRTUAL SPIN	07:30 VIRTUAL SPIN	07:30 VIRTUAL SPIN	08:30 VIRTUAL SPIN	08:30 VIRTUAL SPIN
10:30 HIIT LIGHT	09:00 COACH BY COLOUR	09:00 VIRTUAL SPIN	09:15 GENTLE FITNESS	09:30 VIRTUAL SPIN	10:00 VIRTUAL SPIN	10:00 VIRTUAL SPIN
14:00 VIRTUAL SPIN	10:00 VIRTUAL SPIN	12:00 LEGS, BUMS & TUMS	11:00 VIRTUAL SPIN	12:00 INTRODUCTION TO FITNESS	14:30 VIRTUAL SPIN	14:00 VIRTUAL SPIN
18:00 VIRTUAL SPIN	13:00 VIRTUAL SPIN	15:30 VIRTUAL SPIN	13:00 HIIT LIGHT	12:30 GENTLE STRETCH & CORE		
	16:00 VIRTUAL SPIN	18:00 COACH BY COLOUR	18:00 LEGS, BUMS & TUMS	16:30 VIRTUAL SPIN		
	18:30 SPIN LITE		19:00 VIRTUAL SPIN	18:00 HIIT		
	19:15 AQUA FIT					

BOOK ONLINE / APP
ACTIF.WALES