



FITNESS CLASS TIMETABLE (INDOOR AND OUTDOOR)

CARMARTHEN LEISURE CENTRE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:45	SYNRGY		COACH BY COLOUR	BOOTCAMP	COACH BY COLOUR		
07:45	SPIN		FTP SPIN TEST	SYNRGY		CIRCUITS	
10:00	BARBELL SCULPT	TABATA	BODY BLAST	TABATA	AEROBICS	BODY BLAST	ZUMBA
11:30	LEGS, BUMS AND TUMS			DANCE GOLD	CORE		
13:00		SYNRGY	FIT FOR LIFE	DANCE GOLD	AQUA		
17:30	COACH BY COLOUR	BODY SCULPT	KETTLEBELLS	COACH BY COLOUR	CIRCUITS		
19:00	COACH BY COLOUR	BOOTCAMP	CIRUITS	LEGS, BUMS AND TUMS	COACH BY COLOUR		
19:00	ZUMBA	COACH BY COLOUR					

	Indoor class
	Outdoor / marquee class

BOOK ONLINE / APP
ACTIF.WALES