

FITNESS CLASS TIMETABLE

AMMAN VALLEY LEISURE CENTRE

BOOK ONLINE / APP

ACTIF.WALES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30 VIRTUAL SPIN	06:30 SPIN	06:30 BOOTCAMP	07:00 VIRTUAL SPIN	06:30 VIRTUAL SPIN	09:30 LEGS, BUMS & TUMS	08:00 VIRTUAL SPIN
06:30 HIIT	07:00 HIIT	13:30 VIRTUAL SPIN	08:00 VIRTUAL SPIN	08:00 VIRTUAL SPIN	09:30 VIRTUAL SPIN	09:30 SCULPT
07:30 VIRTUAL SPIN	09:30 VIRTUAL SPIN	15:30 VIRTUAL SPIN	09:00 VIRTUAL SPIN			10:30 VIRTUAL SPIN
10:30 AQUAFIT	17:30 SPIN	17:30 KETTLEBELLS	12:30 VIRTUAL SPIN	10:30 AQUAFIT	10:30 HIIT	10:45 TABATA
17:30 TABATA	18:30 BODY BLAST	18:00 VIRTUAL SPIN	14:30 VIRTUAL SPIN	17:30 YOGALATES	12:30 VIRTUAL SPIN	12:00 VIRTUAL SPIN
17:30 VIRTUAL SPIN	18:30 VIRTUAL SPIN	18:30 COACH BY COLOUR	17:30 CIRCUITS	18:30 VIRTUAL SPIN	14:30 VIRTUAL SPIN	13:30 VIRTUAL SPIN
18:30 SPIN	19:30 YOGALATES	19:45 AQUAFIT	18:30 SCULPT AND TONE			14:30 VIRTUAL SPIN
19:30 VIRTUAL SPIN	20:00 VIRTUAL SPIN	20:00 VIRTUAL SPIN				

Indoor class
 In the pool