

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 BARBELL SCULPT	08:00 VIRTUAL SPIN
07:30 VIRTUAL SPIN	07:00 HIIT		08:00 VIRTUAL SPIN	08:00 VIRTUAL SPIN	10:30 SPIN	09:00 VIRTUAL SPIN
10:30 AQUAFIT	09:30 VIRTUAL SPIN		09:00 VIRTUAL SPIN	10:30 AQUAFIT	11:00 VIRTUAL SPIN	09:30 LEGS, BUMS & TUMS
12:30 VIRTUAL SPIN	16:00 VIRTUAL SPIN	13:30 VIRTUAL SPIN	12:30 VIRTUAL SPIN			12:00 VIRTUAL SPIN
17:30 TABATA	17:00 VIRTUAL SPIN	17:30 KETTLEBELLS	17:30 ETM	17:30 YOGALATES	12:30 VIRTUAL SPIN	13:30 VIRTUAL SPIN
17:30 VIRTUAL SPIN	17:30 SPIN	18:30 COACH BY COLOUR	18:30 SPIN	18:30 VIRTUAL SPIN	14:30 VIRTUAL SPIN	14:30 VIRTUAL SPIN
18:15 VIRTUAL SPIN	18:30 BODY BLAST	19:45 AQUAFIT	19:30 VIRTUAL SPIN			
18:30 STEP	19:30 YOGALATES	20:00 VIRTUAL SPIN				

Indoor class
 In the pool