

Fitness Class Timetable

PONTYPOOL ACTIVE LIVING CENTRE

MONDAY

09.00	Aqua Aerobics (Adults)	09.15
10.00	Legs, Bums & Tums	10.00
10.00	Fit Swim (Adults)	10.00
11.00	Mature Movers	11.00
12.30	Body Pump	11.00
17.00	Yoga	12.30
18.00	Fat Burner	17.00
19.00	Body Pump	18.00

TUESDAY

10.00	Aerobics	20.00
10.00	Aqua Aerobics (Adults)	
12.30	Body Pump	10.00
17.00	Legs, Bums & Tums	11.00
18.00	Aerobics	17.00
19.00	Pilates	18.00

WEDNESDAY

10.00	Gentle Circuits	
11.00	Body Pump	10.00
12.30	Pilates	11.00
17.00	Aerobics	
18.00	Body Pump	
20.00	A.R.T. (Adults)	10.00
20.00	Swim Lessons (Adults)	11.00
20.45	Swim Lessons (Adults)	17.00
21.00	Fit Swim (Adults)	

THURSDAY

09.15	Swim Lessons (Adults)	
10.00	Aerobics	
10.00	Fit Swim (Adults)	
11.00	Gentle Exercise	
11.00	Aqua Aerobics (Adults)	
12.30	Body Pump	
17.00	Legs, Bums & Tums	
18.00	Boxer Circuit	
19.00	Body Pump	
20.00	Aqua Aerobics	

FRIDAY

10.00	Aerobics	
11.00	Gentle Circuits	
17.00	Step & Tone	
18.00	Adult Badminton	
18.00	Body Pump	

SATURDAY

10.00	Aerobics	
11.00	Body Pump	

SUNDAY

10.00	Aero FitBall	
11.00	Body Pump	
17.00	Fat Burner	

Fitness Class Timetable

CWMBRAN STADIUM CENTRE

MONDAY

10.00	Aerobics	
11.00	Step & Tone	
12.30	Body Pump	
14.00	Gentle Exercise	
18.00	Boxer Circuit	
19.00	Abs & Tone	
20.00	Cardio Kick Boxing	
20.30	Aqua Aerobics (Adults)	

TUESDAY

10.00	Aerobics	
10.00	Aqua Aerobics (Adults)	
11.00	Pilates	
12.30	Body Pump	
14.00	Mature Movers	
17.00	Yoga/Pilates/Tai Chi	
18.00	Aerobics	10.00
19.00	Step Aerobics	11.00
20.00	Body Pump	
20.30	Fit Swim (Adults)	

WEDNESDAY

10.00	Aerobics	10.00
11.00	Body Sculpt	11.00
12.30	Body Pump	17.00
13.30	Gentle Exercise	18.00
17.00	20/20/20	18.30
18.00	Body Pump	
19.00	Boxercise	
20.00	Cardio Kick Box	

THURSDAY

10.00	Body Pump	
11.00	Cardio Kick Box	
12.30	Circuit Training	
14.00	Mature Movers	
14.00	Aqua Aerobics (Adults)	
20.00	Body Pump	
20.30	Swim lessons (Adults)	

FRIDAY

10.00	Body Sculpt	
11.00	Yoga	
12.30	Body Pump	
18.00	Aero Step	
18.45	Body Pump	

SATURDAY

10.00	20/20/20	
11.00	Body Pump	

SUNDAY

10.00	Fat Burner	
11.00	Body Pump	
17.00	Aerobics	
18.00	Body Pump	
18.30	Aqua Aerobics (Adults)	

