

Caldicot Leisure Centre Class Timetable 27/8/2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Les Mills VIRTUAL RPM 7:00-7:30am	Aqua 8:25-9:10am Swimming Pool	Les Mills SPRINT 7:00-7:30am Spin Studio	Les Mills The TRIP 7:00-7:30am Spin Studio	Les Mills SPRINT 7:00-7:30am Spin Studio	Les Mills VIRTUAL RPM 8:15-9:00am Spin Studio	Les Mills VIRTUAL RPM 8:45-9:15am
Aqua Aerobics 2:45-3:30pm Swimming Pool	Les Mills VIRTUAL SPRINT 7:00-7:30am		Les Mills Body Pump 9:30-10:25am Sports Hall		Les Mills Body Pump 8:30-9:15am Sports Hall	Les Mills RPM 9:30-10:15am Spin Studio
Les Mills SPRINT 6:45-7:15PM Spin Studio	Les Mills VIRTUAL SPRINT 12:15-12:45pm Spin Studio	Les Mills VIRTUAL SPRINT 12:15-12:45pm Spin Studio	Les Mills VIRTUAL SPRINT 12:30-1:00pm Spin Studio	Les Mills VIRTUAL SPRINT 12:30-1:00pm Spin Studio	Les Mills Body Balance 9:30-10:15am Sports Hall	Les Mills The TRIP 10:30-11:15am Spin Studio
Aqua Running 7:30-8:15pm Swimming Pool	Les Mills SPRINT 6:00-6:30pm Spin Studio	Les Mills Body Pump 6:00-6:45pm Sports Hall	Aqua Tai Chi 3:00-3:45pm Swimming Pool		Spin 10:45-11:30am Spin Studio	
	Les Mills SPRINT 6:40-7:10pm Spin Studio	Aqua Running 7:30-8:15pm Swimming Pool	Spin 6:15-7:00pm Spin Studio	Les Mills VIRTUAL The TRIP 7:00-7:45pm		

