

# OUTDOOR GROUP EXERCISE

## PONTYPOOL ALC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.00am DanceFit	10.00am Aerobics	10.00am Pump Fusion	10.00am Tai Chi	9.00am DanceFit	9.00am Zumba	9.30am Legs, Bums & Tums
11.00am Legs, Bums & Tums	12noon Zumba	12noon Go Cycle (30 min class)	5.30pm Zumba	12noon Kettlebells	10.30am Go Cycle	11.00am Go Cycle
6.00pm Zumba	5.00pm Go Cycle	6.00pm Go Tough	7.00pm Go Cycle	5.00pm Go Cycle		

**FREE**  
DD  
Members

**£4.50**  
PAYG  
Customers

**Places are extremely limited so book well in advance!**

**Book via our Mobile App, website or call our Bookings Team on: 01633 627100**



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