

OUTDOOR GROUP EXERCISE

CWMBRAN STADIUM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10.00am Zumba	6.45am Go Cycle	9.30am Go Cycle	6.45am Go Cycle	10.00am Legs, Bums & Tums	10.15am Go Cycle	10.15am Go Cycle
12noon Legs, Bums & Tums	9.30am Legs, Bums & Tums	12.30pm Pump Fusion	10.00am Zumba	1.00pm Pump Fusion	11.15am Total Body Workout	11.15am Kettlebells
5.00pm Go Cycle	5.00pm Go Cycle	6.00pm Go Cycle	6.00pm 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



Torfaen
Leisure Trust
Ymddiriedolaeth
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