

Group Exercise

PONTYPOOL ALC

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

9am DanceFit	6.30am Go Cycle	6.30am Go Cycle	6.30am Go Cycle	9am DanceFit	9am Zumba	9.30am Legs, Bums & Tums
10.30am Aqua Aerobics	10am Yoga	9.30am Pump Fusion	6pm Zumba	10.30am Aqua Aerobics	10am Go Cycle	10.30am Go Cycle
12 noon Legs, Bums & Tums	12 noon Zumba	11am Pilates	6.30pm Pilates	5pm Kettlebells	11am Pump Fusion	11.30am Pump Fusion
4pm Mature Movers	5pm Step Aerobics	12 noon Go Cycle (30min working lunch)	7pm Go Cycle	6pm Go Cycle	 <p>Torfaen Leisure Trust Ymddiriedolaeth Hamdden Torfaen</p>	
5pm Go Cycle	6pm Go Cycle	<p>Book via our Mobile App or call our Bookings Team: 01633 627100</p>				
6pm Go Tough	7pm Pump Fusion					