

Group Exercise

CWMBRAN STADIUM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

11am Zumba	9.30am Legs, Bums & Tums	10am Pilates	10am Zumba	8.30am Go Cycle	10.15am Go Cycle	10.15am Go Cycle
12.30pm Legs, Bums & Tums (30min working lunch)	11am Pilates	11am Aqua Aerobics	11.30am Yoga	10am Aerobics	11.15am H.I.I.T/Circuits	11.15am Total Body Workout
4pm Go Cycle	12.30pm Legs, Bums & Tums (30min working lunch)	12.30pm Pump Fusion	1pm Pilates	11.30am Zumba	<p>Book via our Mobile App or call our Bookings Team: 01633 627100</p>	
5.30pm Pump Fusion	2pm Gentle Exercise Circuits	2pm Go Cycle (30min working lunch)	2pm Aqua Aerobics	1pm Pump Fusion		
7pm Yoga	5pm Go Cycle	5.30pm PoundFit	5pm Go Cycle	5pm Go Cycle		



Torfaen
Leisure Trust

Ymddiriedolaeth
Hamdden Torfaen