

# Group Exercise

## CWMBRAN STADIUM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

<b>11am Zumba</b>	<b>10am Legs, Bums &amp; Tums</b>	<b>12noon Aqua Aerobics</b>	<b>10am Zumba</b>	<b>8.30am Go Cycle</b>	<b>10.15am Go Cycle</b>	<b>10.15am Go Cycle</b>
<b>12.30pm Legs, Bums &amp; Tums (30min working lunch)</b>	<b>11am Pilates</b>	<b>12.30pm Pump Fusion</b>	<b>11am Pilates</b>	<b>11am Zumba</b>	<b>11.15am H.I.I.T/Circuits</b>	<b>11.15am Kettlebells</b>
<b>4pm Go Cycle</b>	<b>12.30pm Kettlebells</b>	<b>2pm Go Cycle (30min working lunch)</b>	<b>1pm Mature Movers</b>	<b>12noon Step Aerobics</b>	<p><b>Book via our Mobile App or call our Bookings Team: 01633 627100</b></p>	
<b>5.30pm Pump Fusion</b>	<b>2pm Gentle Exercise Circuits</b>	<b>5.30pm Yoga Fusion</b>	<b>2.15pm Aqua Aerobics</b>	<b>1pm Pump Fusion</b>		
<b>7pm PoundFit</b>	<b>5pm Go Cycle</b>	<b>6pm Go Cycle</b>	<b>5pm Go Cycle</b>	<b>5pm Go Cycle</b>		
		<b>7pm Go Cycle</b>	<b>6.30pm Total Body Workout</b>			

Timetable active from 27th September 2021



Torfaen  
Leisure Trust

Ymddiriedolaeth  
Hamdden Torfaen