


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
9am Aqua Aerobics	9.30am Tai Chi	9.30am Pump Fusion	9.30am Gentle Exercise Circuits	11am Yoga Fusion	10am Go Cycle	10.30am Go Cycle
10.15am Gentle Exercise Circuits	10am Yoga Fusion	11am Pilates	10.45am Aqua Aerobics	1.30pm Aqua Aerobics	11am Pump Fusion	11.30am Pump Fusion
11.30am Legs, Bums & Tums	12 noon Zumba	12 noon Go Cycle (30min working lunch)	12 noon Go Cycle (30min working lunch)	5pm Kettlebells	 <p>Torfaen Leisure Trust Ymddiriedolaeth Hamdden Torfaen</p>	
12.30pm Mature Movers	5pm Step Aerobics	5pm Go Cycle	6pm Zumba	6pm Go Cycle		
5pm Go Cycle	6pm Go Cycle	6pm Go Tough	7pm Pilates			
6pm Zumba	7pm Pump Fusion	6pm Pump Fusion	7pm Go Cycle			

**Book via our Mobile App
or call our Team:
01633 627100**

Timetable active from 27th September 2021