

Group Exercise

CWMBRAN STADIUM

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

Timetable active from 1st November 2021



Torfaen
Leisure Trust
Ymddiriedolaeth
Hamdden Torfaen