

Group Exercise Class Christmas Timetable

Aberavon Leisure & Fitness Centre

| Monday 11th Dec | |
|-----------------|----------------|
| 9.45-10.15 | HIIT Fit |
| 10.15-11.00 | Sculpt |
| 12.00-13.00 | Aqua |
| 17.30-18.00 | Abs |
| 17.30-18.15 | Indoor Cycling |
| 18.30-19.30 | Circuits |
| 18.30-20.00 | Yoga |
| 20.15-21.15 | Zumba |

| Tuesday 12th | |
|--------------|----------------|
| 6.15-7.00 | Indoor Cycling |
| 10.00-11.00 | Body Pump |
| 11.30-12.15 | Fit For Life |
| 12.15-1.15 | Pilates |
| 17.30-18.15 | Body Pump |
| 18.15-19.15 | Body Combat |
| 19.30-20.15 | Indoor Cycling |

| Wednesday 13th | |
|----------------|----------------|
| 9.30-10.30 | Body Pump |
| 12.00-1.00 | Aqua |
| 17.30-18.00 | Abs |
| 17.30-18.15 | Indoor Cycling |
| 18.30-19.30 | Circuits |
| 18.30-20.00 | Yoga |

| Thursday 14th | |
|---------------|--------------|
| 6.15-7.15 | Boot Camp |
| 9.15-10.15 | Body Pump* |
| 17.30-18.15 | Body Combat |
| 18.15-19.15 | Body Pump |
| 19.30-20.30 | Body Balance |

| Friday 15th | |
|-------------|--------------|
| 9.15-10.15 | Yoga |
| 9.30-10.30 | Circuits |
| 10.30-11.00 | Abs |
| 13.00-13.45 | Fit For Life |

| Saturday 16th | |
|---------------|----------------|
| 9.00-10.00 | Boot Camp |
| 9.30-10.30 | Body Pump |
| 10.30-11.25 | Indoor Cycling |
| 10.30-11.30 | Body Combat |

| Sunday 17th | |
|-------------|-----------|
| 10.00-11.00 | Body Pump |
| 10.30-11.30 | Circuits |
| 18.30-19.30 | Aqua |

| Monday 18th | |
|-------------|----------------|
| 9.45-10.15 | HIIT Fit |
| 10.15-11.00 | Sculpt |
| 12.00-13.00 | Aqua |
| 17.30-18.00 | Abs |
| 17.30-18.15 | Indoor Cycling |
| 18.30-19.30 | Circuits |
| 18.30-20.00 | Yoga |

| Tuesday 19th | |
|--------------|----------------|
| 6.15-7.00 | Indoor Cycling |
| 10.00-11.00 | Body Pump |
| 11.30-12.15 | Fit For Life |
| 12.15-1.15 | Pilates |
| 17.30-18.15 | Body Pump |
| 18.15-19.15 | Body Combat |
| 19.30-20.15 | Indoor Cycling |

| Wednesday 20th | |
|----------------|----------------|
| 9.30-10.30 | Body Pump |
| 12.00-1.00 | Aqua |
| 17.30-18.00 | Abs |
| 17.30-18.15 | Indoor Cycling |
| 18.30-19.30 | Circuits |

| Thursday 21st | |
|---------------|-------------|
| 6.15-7.15 | Boot Camp |
| 9.15-10.15 | Body Pump* |
| 17.30-18.15 | Body Combat |
| 18.15-19.15 | Body Pump |

| Friday 22nd | |
|-------------|--------------|
| 9.30-10.30 | Circuits |
| 10.30-11.00 | Abs |
| 13.00-13.45 | Fit For Life |

| Saturday 23rd | |
|---------------|----------------|
| 9.00-10.00 | Boot Camp |
| 9.30-10.30 | Body Pump* |
| 10.30-11.25 | Indoor Cycling |
| 10.30-11.30 | Body Combat* |

| Sunday 24th | |
|-----------------------|--|
| Virtual & Myride only | |

| Monday 25th | |
|-------------|--|
| Closed | |

| Tuesday 26th | |
|-----------------------|--|
| Virtual & Myride only | |

| Wednesday 27th | |
|----------------|-----------|
| 9.30-10.30 | Body Pump |

| Thursday 28th | |
|---------------|----------------|
| 10.00-11.00 | LBT |
| 11.00-12.00 | Body Combat |
| 19.30-20.15 | Indoor Cycling |

| Friday 29th | |
|-------------|----------|
| 9.30-10.30 | Circuits |
| 10.30-11.00 | Abs |

| Saturday 30th | |
|---------------|----------------|
| 9.00-10.00 | Boot Camp |
| 10.30-11.25 | Indoor Cycling |

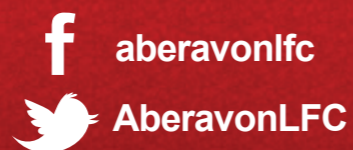
| Sunday 31st | |
|-----------------------|--|
| Virtual & Myride only | |

| Monday 1st Jan | |
|----------------|--|
| Closed | |

| Tuesday 2nd | |
|--------------------------|--|
| 2018 Timetable Commences | |

*These will be Virtual classes

08000 43 43 43
www.celticleisure.org



www.celticleisure.org

Group Exercise Class Christmas Timetable

Neath Sports Centre

| Monday 11th Dec | |
|-----------------|--------------|
| 9.15-10.15 | Fit for Life |
| 10.15-11.15 | Body Pump |
| 12.40-13.40 | Pilates |
| 17.00-17.30 | GRIT Plyo |
| 17.30-18.15 | Group Fight |
| 18.20-19.20 | Body Pump |

| Tuesday 12th | |
|--------------|----------------|
| 10.00-11.00 | Kettle Bells |
| 18.15-19.15 | Super Circuits |
| 18.30-19.30 | Yoga |
| 19.30-20.30 | Yoga 2 |

| Wednesday 13th | |
|----------------|---------------|
| 9.30-10.00 | GRIT Strength |
| 10:00-11:00 | Group Fight |
| 17.30-18.15 | Box Fit |
| 18.20-19.20 | Body Pump |

| Thursday 14th | |
|---------------|----------|
| 10.00-11.00 | Circuits |
| 12.45-13.45 | Pilates |
| 17.30-18.00 | GRIT |
| 18.15-19.15 | Circuits |

| Friday 15th | |
|-------------|--------------|
| 9.00-10.00 | Fit for Life |
| 10.00-11.00 | LBT |
| 17.30-18.30 | Group Fight |

| Saturday 16th | |
|---------------|-------------|
| 9.00-9.30 | GRIT Cardio |
| 9.45-10.45 | Body Pump |

| Sunday 17th | |
|-------------|----------|
| 9.30-10.30 | Circuits |
| 17.00-18.00 | Yoga |
| 18.00-19.00 | Yoga 2 |

| Monday 18th | |
|-------------|--------------|
| 9.15-10.15 | Fit for Life |
| 10.15-11.15 | Body Pump |
| 12.40-13.40 | Pilates |
| 17.00-17.30 | GRIT Plyo |
| 17.30-18.15 | Group Fight |
| 18.20-19.20 | Body Pump |

| Tuesday 19th | |
|--------------|----------------|
| 10.00-11.00 | Kettle Bells |
| 18.15-19.15 | Super Circuits |

| Wednesday 20th | |
|----------------|---------------|
| 9.30-10.00 | GRIT Strength |
| 10:00-11:00 | Group Fight |
| 17.30-18.15 | Box Fit |

| Thursday 21st | |
|---------------|----------|
| 12.45-13.45 | Pilates |
| 18.15-19.15 | Circuits |

| Friday 22nd | |
|-------------|-------------|
| 10.00-11.00 | LBT |
| 14.15-15.00 | Group Fight |

| Saturday 23rd | |
|---------------|-------------|
| 9.00-9.30 | GRIT Cardio |
| 9.45-10.45 | Body Pump |

| Sunday 24th | |
|-------------|--|
| No Classes | |

| Monday 25th | |
|-------------|--|
| Closed | |

| Tuesday 26th | |
|--------------|--|
| Closed | |

| Wednesday 27th | |
|----------------|----------|
| 11.00-12.00 | Circuits |

| Thursday 28th | |
|---------------|----------|
| 10.00-11.00 | Circuits |

| Friday 29th | |
|-------------|------|
| 10.00-10.30 | GRIT |
| 10.30-11.00 | GRIT |

| Saturday 30th | |
|---------------|-----------|
| 10.15-11.15 | Body Pump |

| Sunday 31st | |
|-------------|--|
| No Classes | |

| Monday 1st Jan | |
|----------------|--|
| Closed | |

| Tuesday 2nd | |
|--------------------------|--|
| 2018 Timetable Commences | |

Group Exercise Class Christmas Timetable

Pontardawe Leisure Centre

| Monday 11th | Tuesday 12th | Wednesday 13th | Thursday 14th | Friday 15th | Saturday 16th | Sunday 17th |
|---|---|--|--|--|--|---|
| 9.10-9.55 Group Fight 10.00-11.00 Kettle Hiit Fit 11.30-13.00 Yoga 18.00- 16.45 Indoor Cycling 18.00-19.00 Yoga 19.00-20.00 Retro Aero 19.15-20.45 Yoga | 7.00-8.00 Yoga 9.10-9.55 Group Fight 10.00-11.00 LBT 11.15-12.15 Pilates 19.00-20.30 Super Circuits | 9.00-9.45 Fit for Life 10.00-11:00 Group Fight 18.00-18.15 Indoor Cycling 18.00-19.00 Pilates 19.15-20.15 Kettle Hiit Ft | 9.00-9.45 Fit For Life 10.00-11.00 Power Pump 10.30-12.00 Yoga 17.30-18.15 Indoor Cycling 18.00-19.00 Yoga 18.30-19.30 Retro Step 19.00-20.00 Circuits | 9.00-9.45 Indoor Cycling 17.30-18.30 Yoga | 9.30-10.15 Indoor Cycling 10.30-11.30 Fitball | 9.30-10.15 Indoor Cycling 18.00-19.00 Circuits |
| Monday 18th | Tuesday 19th | Wednesday 20th | Thursday 21st | Friday 22nd | Saturday 23rd | Sunday 24th |
| 9.10-9.55 Group Fight 11.30-13.00 Yoga 18.00- 16.45 Indoor Cycling 18.00-19.00 Yoga 19.00-20.00 Retro Aero | 10.00-11.00 LBT 11.15-12.15 Pilates 19.00-20.30 Super Circuits | 9.00-9.45 Fit for Life 10:00-11:00 Group Fight 18.00-18.15 Indoor Cycling 18.00-19.00 Pilates | 9.00-9.45 Fit For Life 10.30-12.00 Yoga 17.30-18.15 Indoor Cycling 18.00-19.00 Yoga 19.00-20.00 Circuits | 9.00-9.45 Indoor Cycling | 9.30-10.15 Indoor Cycling 10.30-11.30 Fitball | No Classes |
| Monday 25th | Tuesday 26th | Wednesday 27th | Thursday 28th | Friday 29th | Saturday 30th | Sunday 31st |
| Closed | Myride only | 10:00-11:00 Group Fight | 10.00-11.00 Indoor Cycling | 9.00-10.00 Indoor Cycling | 9.30-10.15 Indoor Cycling 10.30-11.30 Fitball | Closed |
| Monday 1st Jan | Tuesday 2nd | | | | | |
| Closed | 2018 Timetable Commences | | | | | |

08000 43 43 43
www.celticleisure.org



www.celticleisure.org