

Group Exercise Class Christmas Timetable

Aberavon Leisure & Fitness Centre



Monday 11th		Tuesday 12th		Wednesday 13th		Thursday 14th		Friday 15th		Saturday 16th		Sunday 17th	
9.45-10.30	Sculpt	6.15-7.00	Indoor Cycling	9.15-10.15	Yoga	6.15-7.15	Bootcamp	9.15-10.15	Yoga	9.00-10.00	Bootcamp	9.30-10.30	Circuits
10.45-11.45	Salsasize	10.00-11.00	Body Pump	10.30-11.15	Chair Yoga	9.15-10.15	Body Pump	10.30-11.15	Chair Yoga	10.30-11.30	Body Pump	18.00-19.00	Aqua
12.00-13.00	Aqua	11.30-12.15	Fit For Life	12.00-13.00	Aqua	17.30-18.30	Body Pump	12.00-13.00	Pilates				
17.30-18.15	Indoor Cycling	12.15-13.15	Pilates	17.30-18.15	Indoor Cycling	18.30-19.15	Indoor Cycling	13.00-13.45	Fit For Life				
17.45-18.15	Abs	17.30-18.15	Body Pump	17.45-18.15	Abs	19.30-20.30	Body Balance	17.30-18.30	Zumba				
18.30-19.30	Circuits	18.30-19.15	Body Combat	18.30-19.30	Circuits								
18.30-20.00	Yoga	19.30-20.15	Indoor Cycling	18.30-20.00	Yoga								
20.15-21.15	Zumba	19.30-20.30	Body Balance	20.15-21.15	Dance Fit								

Monday 18th		Tuesday 19th		Wednesday 20th		Thursday 21st		Friday 22nd		Saturday 23rd		Sunday 24th	
9.45-10.30	Sculpt	6.15-7.00	Indoor Cycling	9.15-10.15	Yoga	6.15-7.15	Bootcamp	9.15-10.15	Yoga	10.30-11.30	Virtual Pump	No Classes	
10.45-11.45	Salsasize	10.00-11.00	Body Pump	10.30-11.15	Chair Yoga	9.15-10.15	Virtual Pump	10.30-11.15	Chair Yoga				
12.00-13.00	Aqua	11.30-12.15	Fit For Life	12.00-13.00	Aqua	10.15-11.00	Virtual Combat	12.00-13.00	Pilates				
17.30-18.15	Indoor Cycling	12.15-13.15	Pilates	17.30-18.15	Indoor Cycling	17.30-18.30	Body Pump	13.00-13.45	Fit For Life				
17.45-18.15	Abs	17.30-18.15	Body Pump	17.45-18.15	Abs	18.30-19.15	Indoor Cycling	17.30-18.30	Virtual Sh'Bam				
18.30-19.30	Circuits	18.30-19.15	Body Combat	18.30-19.30	Circuits	19.30-20.30	Virtual Balance						
18.30-20.00	Yoga	19.30-20.15	myride	18.30-20.00	Yoga								
20.15-21.15	Zumba	19.30-20.30	Body Balance	20.15-21.15	Dance Fit								

Monday 25th		Tuesday 26th		Wednesday 27th		Thursday 28th		Friday 29th		Saturday 30th		Sunday 31st	
Closed		10.00-11.00	Virtual Pump	12.00-13.00	Aqua	9.15-10.15	Virtual Pump	No Classes		10.30-11.30	Virtual Pump	No Classes	

Monday 1st		Tuesday 2nd	
Closed		Classes resume as normal	



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Virtual classes and Myride classes will continue to run daily during opening times

Group Exercise Class Christmas Timetable

Pontardawe Leisure Centre



Monday 4th	Tuesday 5th	Wednesday 6th	Thursday 7th	Friday 8th	Saturday 9th	Sunday 10th
09.00-09.45 Group Fight 10.00-11.00 Body Pump 10.45-12.00 Yoga 18.00-19.00 LBT 18.45-20.00 Yoga 18.30-19.30 Indoor Cycling	09.00-09.45 Fit For Life 10.00-11.00 Tone Up Tuesday 11.00-12.00 Pilates 18.00-19.00 Body Pump 19.00-19.45 Bootcamp	09.00-09.45 Fit for Life 10.00-10.45 Group Fight 11.00-11.45 Pilates Stage 1 17.30-18.30 Pilates 18.30-19.30 Body Pump	09.00-09.45 Fit For Life 10.00-11.00 Fat Burn Thu 10.45-12.00 Yoga 17.45-18.45 Group Fight 18.00-18.45 Indoor Cycling 18.00-19.15 Yoga 19.00-19.45 Circuits	09.00-10.00 LBT 10.00-10.45 Pilates Stage 1 10.00-11.00 Zumba 17.30-18.30 Yoga	No Classes	10.30-11.30 Body Pump
Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th	Saturday 16th	Sunday 17th
09.00-09.45 Group Fight 10.45-12.00 Yoga 18.00-19.00 LBT 18.45-20.00 Yoga 18.30-19.30 Indoor Cycling	09.00-09.45 Fit For Life 10.00-11.00 Tone Up Tuesday 11.00-12.00 Pilates 18.00-19.00 Body Pump 19.00-19.45 Bootcamp	09.00-09.45 Fit for Life 10.00-10.45 Group Fight 11.00-11.45 Pilates Stage 1 17.30-18.30 Pilates 18.30-19.30 Body Pump	09.00-09.45 Fit For Life 10.00-11.00 Fat Burn Thu 10.45-12.00 Yoga 17.45-18.45 Group Fight 18.00-18.45 Indoor Cycling 18.00-19.15 Yoga 19.00-19.45 Circuits	09.00-10.00 LBT 10.00-10.45 Pilates Stage 1 10.00-11.00 Zumba 17.30-18.30 Yoga	No Classes	16.30-17.30 Group Fight
Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd	Saturday 23rd	Sunday 24th
09.00-09.45 Group Fight 10.45-12.00 Yoga 18.00-19.00 LBT 18.45-20.00 Yoga 18.30-19.30 Indoor Cycling	09.00-09.45 Fit For Life 10.00-11.00 Tone Up Tuesday 11.00-12.00 Pilates 18.00-19.00 Body Pump 19.00-19.45 Bootcamp	09.00-09.45 Fit for Life 10.00-10.45 Group Fight 11.00-11.45 Pilates Stage 1	09.00-09.45 Fit For Life 10.00-11.00 Fat Burn Thu 10.45-12.00 Yoga 17.45-18.45 Group Fight 18.00-18.45 Indoor Cycling 18.00-19.15 Yoga 19.00-19.45 Circuits	09.00-10.00 LBT 10.00-10.45 Pilates Stage 1 17.30-18.30 Yoga	No Classes	Closed
Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th	Saturday 30th	Sunday 31st
Closed	No Classes	No Classes	10.00-11.00 Body Pump	10.00-11.00 Bootcamp	No Classes	No Classes
Monday 1st	Tuesday 3rd					
Closed	Classes resume as normal					



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Myride classes will continue to run daily during opening times

Group Exercise Class Christmas Timetable

Neath Leisure Centre



Monday 4th	Tuesday 5th	Wednesday 6th	Thursday 7th	Friday 8th	Saturday 9th	Sunday 10th
06.45-07.45 Breakfast Yoga 10.00-11.00 Fitness Infusion 12.00-13.00 Pilates 13.30-14.15 Salsasize 17.30-18.30 Slow Flow Yoga 18.00-19.00 Zumba	09.00-10.00 Yoga 10.30-11.30 Fast Track Fitness 12.00-13.00 Aqua 12.30-13.30 Yoga 17.30-18.15 Body Balance 18.30-19.30 Body Pump 18.30-19.30 Yoga	09.00-09.45 Indoor Cycling 09.00-10.00 Yoga 13.00-14.00 Zumba 17.30-18.30 Cardio Core 18.45-19.30 Indoor Cycling	09.00-10.00 Yoga 12.00-12.45 Salsasize 12.00-13.00 Aqua 12.45-13.45 Pilates 12.45-13.45 Pilates 17.30-18.15 Body Balance 18.30-19.30 Body Pump 18.30-19.30 Yoga	09.30-10.30 Zumba 11.00-12.00 Aqua 12.00-13.00 Pilates 17.30-18.30 Yin Yoga 18.00-19.00 Zumba	08.30-09.30 Yoga 09.00-10.00 Body Pump 10.15-11.00 Salsasize	09.00-10.00 LBT 10.15-11.15 Aqua 17.30-18.30 Yoga
Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th	Saturday 16th	Sunday 17th
06.45-07.45 Breakfast Yoga 10.00-11.00 Fitness Infusion 12.00-13.00 Pilates 13.30-14.15 Salsasize 17.30-18.30 Slow Flow Yoga 18.00-19.00 Zumba	09.00-10.00 Yoga 10.30-11.30 Fast Track Fitness 12.00-13.00 Aqua 12.30-13.30 Yoga 17.30-18.15 Body Balance 18.30-19.30 Body Pump 18.30-19.30 Yoga	09.00-09.45 Indoor Cycling 09.00-10.00 Yoga 13.00-14.00 Zumba 17.30-18.30 Cardio Core 18.45-19.30 Indoor Cycling	09.00-10.00 Yoga 12.00-12.45 Salsasize 12.00-13.00 Aqua 12.45-13.45 Pilates 12.45-13.45 Pilates 17.30-18.15 Body Balance 18.30-19.30 Body Pump 18.30-19.30 Yoga	09.30-10.30 Zumba 11.00-12.00 Aqua 12.00-13.00 Pilates 17.30-18.30 Yin Yoga 18.00-19.00 Zumba	08.30-09.30 Yoga 09.00-10.00 Body Pump 10.15-11.00 Salsasize	09.00-10.00 LBT 10.15-11.15 Aqua 17.30-18.30 Yoga
Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd	Saturday 23rd	Sunday 24th
06.45-07.45 Breakfast Yoga 10.00-11.00 Fitness Infusion 12.00-13.00 Pilates 13.30-14.15 Salsasize 17.30-18.30 Slow Flow Yoga 18.00-19.00 Zumba	09.00-10.00 Yoga 10.30-11.30 Fast Track Fitness 12.00-13.00 Aqua 12.30-13.30 Yoga 17.30-18.15 Body Balance 18.30-19.30 Body Pump 18.30-19.30 Yoga	09.00-09.45 Indoor Cycling 09.00-10.00 Yoga 13.00-14.00 Zumba 17.30-18.30 Cardio Core 18.45-19.30 Indoor Cycling	09.00-10.00 Yoga 12.00-12.45 Salsasize 12.00-13.00 Aqua 12.45-13.45 Pilates 12.45-13.45 Pilates 17.30-18.15 Body Balance 18.30-19.30 Body Pump 18.30-19.30 Yoga	09.30-10.30 Zumba 11.00-12.00 Aqua 12.00-13.00 Pilates 17.30-18.30 Yin Yoga 18.00-19.00 Zumba	08.30-09.30 Yoga 09.00-10.00 Body Pump 10.15-11.00 Salsasize	No Classes
Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th	Saturday 30th	Sunday 31st
Closed	No Classes	No Classes	12.00-12.45 Salsasize 12.45-13.45 Pilates	10.30-11.30 Fitness Infusion	Closed	Closed
Monday 1st	Tuesday 2nd					
Closed	Classes resume as normal					



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Virtual classes and Myride classes will continue to run daily during opening times

Group Exercise Class Christmas Timetable

Neath Sports Centre



Monday 11th	Tuesday 13th	Wednesday 14th	Thursday 15th	Friday 16th	Saturday 17th	Sunday 18th
9.15-10.15 Fit for Life 10.30-11.30 Body Pump 10.45-11.45 Chair Yoga 17.30-18.15 Body Combat 18.30-19.30 Body Pump	10.00-11.00 Kettle Bells 17.30-18.00 Abs 18.15-19.15 Super Circuits	10:00-11:00 Body Combat 17.30-18.15 LBT 18.30-19.30 Body Pump	10.00-11.00 Circuits 18.00-19.00 Circuits	9.00-10.00 Fit for Life 10.15-11.15 LBT 11.00-12.00 Chair Yoga 17.30-18.30 Boxercise 18.30-19.30 Pickle Fit	9.30-10.30 Body Pump	9.30-10.30 Kettlebells
Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd	Saturday 23rd	Sunday 24th
9.15-10.15 Fit for Life 10.30-11.30 Body Pump 10.45-11.45 Chair Yoga 17.30-18.15 Body Combat 18.30-19.30 Body Pump	10.00-11.00 Kettle Bells 17.30-18.00 Abs 18.15-19.15 Super Circuits	10:00-11:00 Body Combat 17.30-18.15 LBT 18.30-19.30 Body Pump	10.00-11.00 Circuits 18.00-19.00 Circuits	9.00-10.00 Fit for Life 10.15-11.15 LBT 11.00-12.00 Chair Yoga	No Classes	No Classes
Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th	Saturday 30th	Sunday 31st
Closed	Closed	No Classes	10.15-11.15 Circuits	10.15-11.15 Fit For Life	No Classes	No Classes
Monday 1st	Tuesday 2nd					
Closed	Classes resume as normal					



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