

Group Exercise Class Christmas Timetable

Aberavon Leisure & Fitness Centre

Monday 23rd December

10.15 - 11.15	Sculpt
10.45 - 11.45	Salsasize
12.00 - 13.00	Aqua
15.00 - 16.00	Virtual Pump
17.30 - 18.15	Indoor Cycling
17.45 - 18.15	Abs
18.30 - 19.30	Circuits
20.15 - 21.15	Zumba

Tuesday 24th December

No Classes

Wednesday 25th December

Closed

Thursday 26th December

No Classes

Friday 27th December

12.00 - 13.00	Pilates
13.00 - 13.45	Fit For Life
15.00 - 16.00	Virtual Combat

Saturday 28th December

10.30 - 11.30	Virtual Pump
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Sunday 29th December

13.00 - 14.00	Virtual Pump
14.30 - 15.30	Virtual Combat

Monday 30th December

10.15 - 11.00	Sculpt
10.45 - 11.45	Salsasize
12.00 - 13.00	Aqua

Tuesday 31st December

No Classes

Wednesday 1st January

Closed

Thursday 2nd January

Classes resume as normal



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Group Exercise Class Christmas Timetable

Pontardawe Leisure Centre

Monday 23rd December

09.00 - 09.45

Group Fight

10.00 - 11.00

Pilates

18.30 - 19.30

Indoor Cycling

Tuesday 24th December

No Classes

Wednesday 25th December

Closed

Thursday 26th December

No Classes

Friday 27th December

09.30 - 10.30

Group Fight

10.30 - 11.30

Tone

Saturday 28th December

No Classes

Sunday 29th December

No Classes

Monday 30th December

09.30 - 10.30

Group Fight

10.30 - 11.30

Pilates

Tuesday 31st December

No Classes

Wednesday 1st January

Closed

Thursday 2nd January

Classes resume as normal



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Myride classes will continue to run daily during opening times

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Group Exercise Class Christmas Timetable

Neath Leisure Centre

Sunday 22nd December

10.30 - 11.30 Body Pump

17.30 - 18.30 Yoga

Monday 23rd December

13.30 - 14.15 Salsasize

18.00 - 19.00 Zumba

Tuesday 24th December

No Classes

Wednesday 25th December

Closed

Thursday 26th December

No Classes

Friday 27th December

No Classes

Saturday 28th December

No Classes

Sunday 29th December

No Classes

Monday 30th December

13.30 - 14.15 Salsasize

Tuesday 31st December

No Classes

Wednesday 1st January

Closed

Thursday 2nd January

Classes resume as normal



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Virtual classes will continue to run daily during opening times

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Group Exercise Class Christmas Timetable

Neath Sports Centre

Monday 23rd December

No Classes

Tuesday 24th December

No Classes

Wednesday 25th December

Closed

Thursday 26th December

Closed

Friday 27th December

10.30 - 11.30

Circuits

Saturday 28th December

No Classes

Sunday 29th December

No Classes

Monday 30th December

10.30 - 11.30

Fit for Life

Tuesday 31st December

No Classes

Wednesday 1st January

Closed

Thursday 2nd January

Classes resume as normal



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Group Exercise Class Christmas Timetable

Vale of Neath Leisure Centre

Monday 23rd December

13.00 - 14.00

Aqua

Tuesday 24th December

Closed

Wednesday 25th December

Closed

Thursday 26th December

Closed

Friday 27th December

No Classes

Saturday 28th December

No Classes

Sunday 29th December

No Classes

Monday 30th December

No Classes

Tuesday 31st December

Closed

Wednesday 1st January

Closed

Thursday 2nd January

Classes resume as normal



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