

Group Exercise Class Christmas Timetable

Aberavon Leisure & Fitness Centre

Monday 22nd December

09.45 - 10.30	Sculpt**	Joanna Potts
10.45 - 11.45	Salsasize*	Joanna Potts
12.00 - 13.00	Aqua*	Joanna Potts
17.30 - 18.15	Indoor Cycling**	David Dyer
18.30 - 19.30	Circuits**	David Dyer

Tuesday 23rd December

11.30 - 12.15	Fit For Life*	Joanna Potts
12.15 - 13.15	Pilates*	Joanna Potts
17.30 - 18.15	Body Pump**	Claire Gibbons
17.30 - 18.15	Indoor Cycling**	Leyla Keskin
18.30 - 19.15	Body Combat**	Claire Gibbons

Wednesday 24th December

No Classes

Thursday 25th December

Closed

Friday 26th December

No Classes

Saturday 27th December

No Classes

Sunday 28th December

No Classes

Monday 29th December

No Classes

Tuesday 30th December

11.30 - 12.15	Fit For Life*	Joanna Potts
12.15 - 13.15	Pilates*	Joanna Potts

Wednesday 31st December

No Classes

Thursday 1st January

Closed

Friday 2nd January

Classes resume as normal



08000 43 43 43
www.celticleisure.org

Group Exercise Class Christmas Timetable

Neath Leisure Centre

Monday 22nd December

11.45 - 12.45	Aqua*	Angela Whitehouse
12.00 - 13.00	Pilates*	Diane Ryan
13.30 - 14.15	Salsasize*	Jo Potts
18.00 - 19.00	Zumba*	Amy Winters
19.15 - 20.15	Pilates*	Jo Potts

Tuesday 23rd December

10.30 - 11.30	Fast Track Fitness**	Luke Williams
18.30 - 19.30	Body Pump**	Sadie Cox

Wednesday 24th December

No Classes

Thursday 25th December

Closed

Friday 26th December

No Classes

Saturday 27th December

No Classes

Sunday 28th December

No Classes

Monday 29th December

No Classes

Tuesday 30th December

10.30 - 11.30	Fast Track Fitness**	Corinna Jones
---------------	----------------------	---------------

Wednesday 31st December

09.00 - 09.45	Indoor Cycling**	Corinna Jones
---------------	------------------	---------------

Thursday 1st January

Closed

Friday 2nd January

Classes resume as normal



HAMDEN
CELTIC
LEISURE



08000 43 43 43

www.celticleisure.org

Group Exercise Class Christmas Timetable

Neath Sports Centre

Monday 22nd December

09.15 - 10.15	Fit for Life*	Luke Howells
10.30 - 11.30	Sweat ^{^**}	Luke Howells
11.00 - 12.00	Chair Yoga*	Geraldine Lewis
17.30 - 18.15	Body Combat ^{^**}	Joanna Potts
18.20 - 19.05	Body Pump ^{^**}	Joanna Potts

Tuesday 23rd December

10.00 - 11.00	Kettle Bells ^{^**}	Joanna Potts
13.00 - 13.45	Fit For Life*	Kieron Spendiff
18.15 - 19.15	Circuits ^{***}	Luke Howells

Wednesday 24th December

No Classes

Thursday 25th December

Closed

Friday 26th December

No Classes

Saturday 27th December

No Classes

Sunday 28th December

No Classes

Monday 29th December

No Classes

Tuesday 30th December

11.00 - 12.00	Fit For Life*	Kieron Spendiff
---------------	---------------	-----------------

Wednesday 31st December

11.00 - 12.00	Circuits ^{**}	Jo Potts
---------------	------------------------	----------

Thursday 1st January

Closed

Friday 2nd January

Classes resume as normal



08000 43 43 43
www.celticleisure.org

Group Exercise Class Christmas Timetable

Pontardawe Leisure Centre

Monday 22nd December

09.00 - 09.45	Group Fight ^{^**}	Melissa Burns
10.00 - 11.00	Pilates ^{^*}	Melissa Burns
17.20 - 18.20	Body Balance [*]	Luke Curry
18.30 - 19.15	Body Combat ^{***}	Luke Curry
18.30 - 19.30	Indoor Cycling ^{**}	Abi Hopkin

Tuesday 23rd December

09.00 - 09.45	Fit For Life [*]	Melissa Burns
10.00 - 11.00	Tone Up Tuesday ^{**}	Melissa Burns
17.30 - 18.15	Pilates [*]	Halie Robertss
18.15 - 19.15	Body Pump ^{**}	Amy Evans
18.00 - 18.45	Indoor Cycling ^{**}	Luke Curry
19.00 - 19.45	Bootcamp ^{**}	Luke Curry

Wednesday 24th December

No Classes

Thursday 25th December

Closed

Friday 26th December

No Classes

Saturday 27th December

No Classes

Sunday 28th December

No Classes

Monday 29th December

No Classes

Tuesday 30th December

10.00 - 11.00	Body Pump ^{**}	Halie Roberts
---------------	-------------------------	---------------

Wednesday 31st December

10.00 - 11.00	Group Fight ^{**}	Melissa Burns
11.00 - 12.00	Tone Up Wednesday ^{**}	Melissa Burns

Thursday 1st January

Closed

Friday 2nd January

Classes resume as normal



08000 43 43 43
www.celticleisure.org

Group Exercise Class Christmas Timetable

Vale of Neath Leisure Centre

Monday 22nd December

13.00 - 14.00 Aqua* Helen James

Tuesday 23rd December

10.00 - 11.00 Les Mills Thrive Helen James

18.00 - 19.00 Zumba* Amy Winters

20.00 - 21.00 Aqua* Helen James

Wednesday 24th December

No Classes

Thursday 25th December

Closed

Friday 26th December

No Classes

Saturday 27th December

No Classes

Sunday 28th December

No Classes

Monday 29th December

No Classes

Tuesday 30th December

No Classes

Wednesday 31st December

No Classes

Thursday 1st January

Closed

Friday 2nd January

Classes resume as normal



08000 43 43 43
www.celticleisure.org