

# Ebbw Vale Sports Centre

life.

## Group Exercise Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aqua</b> 8:30am	<b>Spin</b> 6:15am	<b>Somatic Movement</b> 1:00pm	<b>Spin</b> 6:15am	<b>Spin</b> 9:30am	<b>Strong</b> 9:00am	<b>Spin</b> 9:00am
<b>Gentle Exercise</b> 12:15pm	<b>Aqua Tone</b> 8:30am	<b>ZUU Class</b> 5:00pm	<b>Aqua Aerobics</b> 8:30am	<b>Mum &amp; Baby Zumba</b> 10:00am	<b>Spin</b> 9:00am	<b>BODYCOMBAT</b> 10:00am
<b>BODYPUMP LIVE</b> 5:00pm	<b>Get to know your Gym</b> 9:45am	<b>Spin</b> 5:30pm	<b>Get to know your Gym</b> 9:45am	<b>Pickle Ball Multi-Sports</b> 1:20pm	<b>Zumba</b> 10:00am	<b>Kettle Blast</b> 5:00pm
<b>Spin</b> 6:00pm	<b>COPD</b> 11:30am	<b>Boxing Fit</b> 6:00pm	<b>Gentle Exercise</b> 11:45am	<b>HIT</b> 5:15pm		<b>DanceFit</b> 5:45pm
<b>Core Conditioning</b> 6:15pm	<b>Easy Line</b> 12:25pm	<b>BODYPUMP</b> 7:00pm	<b>BODYPUMP</b> 5:00pm	<b>Body Conditioning</b> 6:00pm		
<b>HIT Step</b> 7:15pm	<b>Tai Chi</b> 12:25pm	<b>Aqua Fit</b> 7:45pm	<b>HIT Fit</b> 5:45pm	<b>Spin</b> 6:00pm		
<b>Pilates</b> 8:00pm	<b>HIT Strong</b> 5:00pm		<b>BODYCOMBAT</b> 6:15pm			
	<b>BODYCOMBAT</b> 5:45pm		<b>Yoga</b> 7:30pm			
	<b>BODYBALANCE</b> 7pm					
	<b>Zumba</b> 8:00pm					

**LES MILLS**  
ON DEMAND

**LES MILLS**  
**BODYPUMP**

**LES MILLS**  
**BODYCOMBAT**

**LES MILLS**  
**BODYSTEP**

**LES MILLS**  
**GRIT**

**THE ZUU** **CERTIFIED PARTNER**

**Aneurin leisure**  
Improving community life