

TREDEGAR SPORTS CENTRE

GYM

Monday to Friday: 6am - 8pm

Saturday & Sunday: 8am - 1pm

POOL

Monday: 6.15am-7.15am,
7.30am-8.30am & 1pm - 2pm

Tuesday - Friday: 6.15am-7.15am,
7.30am-8.30am & 12pm - 1pm

Sat: 10.15-11.15am & 11.30am-12.30pm

Sun: 9am-10am & 10.15am-11.15am

Adults Only

Monday - Friday: 7.15pm - 8.15pm



Book online at www.bglife.co.uk or Call 01495 353395