

Abertillery Sports Centre: Group Exercise Classes



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
QUEENAX 6.15am	SPIN: COACH BY COLOUR 6.15am	BODYCOMBAT 9.30am	BODYPUMP 6.15am	SPIN: COACH BY COLOUR 6.15am	QUEENAX 9am	BODYPUMP 9.30am
BODYPUMP 9.30am	QUEENAX 9.30am	BODYPUMP 10.30am	GENTLE EXERCISE 11am	QUEENAX 9.30am	BODYCOMBAT 9.30am	BODYATTACK 10.30am
GRIT CARDIO 5.30pm	BODY BLAST 5.30pm	FITSTEPS 1.30pm	BODYPUMP 5.30pm	YOGALATES 11.30am	BODYPUMP 10.30am	
HIIT 5.30pm	QUEENAX 6.30pm	GRIT STRENGTH 5.30pm	ZUMBA 6.30pm	AQUA AEROBICS 12.30pm		
CLASSIC SPIN 6pm	KETTLEBELLS 6.30pm	ZUMBA 5.30pm	RPM 6.30pm	BODY BALANCE 5.30pm		
PILATES 6.30pm		YOGA 5.30pm	RAVE KICK 7.30pm	QUEENAX 5.30pm		
STEP & PUMP 6.30pm		CLASSIC SPIN 6.15pm		GRIT ATHLETIC 6.30pm		
LBT EXPRESS 7.30pm		STRONG NATION 6.30pm				
		AQUA ZUMBA 7.30pm				

Book your class online
at www.bglife.co.uk
via the Aneurin Leisure
app or call us on
01495 357779

6 SEPTEMBER 2021