

Ebbw Vale Sports Centre: Group Exercise Classes



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
QUEENAX HIIT 6.15am & 7.15am	SPIN 6.15am	QUEENAX HIIT 6.15am	SPIN 6.15am	QUEENAX HIIT 6.15am	SPIN 9am	SPIN 9am
AQUA 8.30am	AQUA 8.30am	QUEENAX HIIT 12.30pm	AQUA 8.30am	SPIN 9.30am	BODY STEP 9am	BODYPUMP 1pm
GENTLE EXERCISE 12pm	GYM BLITZ 9.45am	QUEENAX HIIT 4.45pm	GET TO KNOW YOUR GYM 9.45am	QUEENAX HIIT 12.30pm	BODY BALANCE 10am	BODYCOMBAT 2pm
BODYPUMP 5.30pm	FUNCTIONAL FITNESS 12.30pm	ZUU 5.30pm	GENTLE EXERCISE 11.45am	QUEENAX HIIT 4.45pm	<p>Book your class online at www.bglife.co.uk via the Aneurin Leisure app or call us on 01495 357777</p>	
SPIN 5.30pm	GRIT STRENGTH 5pm	SPIN 5.30pm	BODYPUMP 5.15pm	HIIT 5.15pm		
BODY STEP 6.30pm	BODYCOMBAT 5.45pm	BODYPUMP 6.30pm	GRIT ATHLETIC 6.15pm	SPIN 5.30pm		
PILATES 8pm	BODY BALANCE 6.45pm	AQUA 7.30pm	BODYCOMBAT 7pm	BODY CONDITIONING 6.15pm		
	ZUMBA 8pm		YOGA 8pm			

6 SEPTEMBER 2021