

Tredegar Sports Centre: Group Exercise Classes



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GYM BLITZ 8.45am	WELLNESS WORKOUT 12pm	PUSH THOSE WEIGHTS 9.45am	MOVERS & SHAKERS 10.45am	GYM BLITZ 7.45am	CIRCUITS 10.15am	STEP & PUMP 10am
BOOT CAMP 9.45am	QUEENAX HIIT 1pm	AQUA 10.45am	WELLNESS WORKOUT 11.30am	AQUA 8.45am	HIIT 11am	DANCE FIT 11am
BURLEX FITNESS 10.30am (Starting 13 Sep)	BODYCOMBAT 5.30pm	BUGGY FIT 11.45am (Starting 22 Sep)	QUEENAX 12.30pm	GET TO KNOW YOUR GYM 10am (Starting 22 Sep)	<p>Book your class online at www.bglife.co.uk or via the Aneurin Leisure app or call us on 01495 353395</p>	
AQUA 10.45am	BODYPUMP 6.30pm	GENTLE EXERCISE 12pm	GENTLE YOGA 1.30pm	AQUA YOGA 1.30pm		
HEALTHY LIFE HEALTHY LIVING 12pm	YOGA 7.30pm	KETTLEBELLS 5.30pm	BODYPUMP 5.30pm	RAVE KICK 5.15pm		
STRONG NATION 6.15pm		STEP & PUMP 6.30pm	BODYBALANCE 6.30pm	TAP FIT 6.15pm (Starting 17 Sep)		
ZUMBA 7.15pm				PILATES 7.15pm		

6 SEPTEMBER 2021