

Abertillery Sports Centre

Group Exercise Classes - January 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Queenax HIIT 6:15am	SPIN: Coach by Colour 6:15am	Body Combat 9:30am	Body Pump 6:15am	SPIN: Coach by Colour 6:15am	Queenax HIIT 9am	No Classes
Body Pump 9:30am	Queenax HIIT 9:30am	Fitsteps 10am	Gentle Exercise 11am	Queenax HIIT 9:30am	Body Combat 9:30am	
Yoga 11:30am	ZUU 5:30pm	Body Pump 10:30am	Aqua Yoga 11am	Yogalates 11:30am	Body Pump 10:30am	
Body Combat 5:30pm	Body Blast 5:30pm	Aqua 11am	Body Pump 5:30pm	Aqua Aerobics 12:30pm		
HIIT 5:30pm	Sprint 5:45pm	Grit Strength 5:30pm	Zumba 6:30pm	Rave Kick 5:30pm		
Spin 6:15pm	Queenax HIIT 6:30pm	Zumba 5:30pm	Spin 6:30pm	Queenax HIIT 5:30pm		
Step & Pump 6:30pm	Kettlebells 6:30pm	Yoga 5:30pm	Rave Kick 7:30pm	Sprint 6:30pm		
Pilates 6:45pm		Classic Spin 6:15pm				
LBT Express 7:30pm		Strong Nation 6:30pm				
		Aqua Zumba 7:30pm				



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