

Tredegar Sports Centre

Group Exercise Classes - January 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gym Blitz 8:45am	Wellness Workout 12pm	Push those weights 9:45am	Movers and Shakers 10:55am	Gym Blitz 7:45am	Sprint 10:15am	Step & Pump 10am
Boot Camp 9:45am	Queenax HIIT 1pm	Aqua 10:45am	Wellness Workout 11:30am	Aqua 8:45am	Circuits 11am	Dance Fit 11am
Aqua 10:45am	Body Combat 5:30pm	Gentle Exercise 12pm	Queenax HIIT 12:30pm	Aqua Yoga 1:30pm		
Healthy Life, Healthy Living 12pm	Body Pump 6:30pm	Kettlebells 5:30pm	Gentle Yoga 1:30pm	Tap 6:15pm		
Baby Yoga 1pm	Yoga 7:30pm	Step & Pump 6:30pm	Sprint 5:30pm	Fitball Pilates 7:15pm		
Sprint 5:30pm		Sprint 7:30pm	My kind of Yoga 6:15pm			
Strong Nation 6:15pm						
Zumba 7:15pm						



Book your class online at www.bglife.co.uk via the app or call us on 01495 353395