

GROUP EXERCISE

CWMBRAN STADIUM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

9.30am Zumba	10am Legs, Bums & Tums	10am Pilates	10am Zumba	8.30am Go Cycle	10.15am Go Cycle	10.15am Go Cycle
11am Zumba	11.30am Pilates	11.15am Aqua Aerobics	11.30am Yoga	10am Legs, Bums & Tums	11.15am H.I.I.T/Circuits	11.15am Total Body Workout
12.30pm Legs, Bums & Tums	1.30pm Zumba Gold	12.30pm Pump Fusion	1pm Pilates	11.30am Zumba	<p>Book via our Mobile App or call our Bookings Team: 01633 627100</p>	
5.30pm Go Cycle	5pm Go Cycle	1pm Go Cycle	2pm Aqua Aerobics	1pm Pump Fusion		
5.30pm Pump Fusion	6.30pm Total Body Workout	2pm Tai Chi	5pm Go Cycle	5pm Go Cycle		
7pm Yoga		6pm PoundFit	6.30pm H.I.I.T			
		7pm Go Cycle				

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01633 627100**



Torfaen
Leisure Trust
Ymddiriedolaeth
Hamdden Torfaen