

GROUP EXERCISE



Torfaen
Leisure Trust
Ymddiriedolaeth
Hamdden Torfaen

PONTYPOOL ACTIVE LIVING CENTRE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

9am DanceFit	6.45am Go Cycle	6.45am Go Cycle	6.45am Go Cycle	9am DanceFit	10.15am Zumba	10.15am Legs, Bums & Tums
10.30am Legs, Bums & Tums	10am Zumba	10am Pump Fusion	10am Gentle Exercise Circuits	10.30am Aerobics	11.15am Go Cycle	11.15am Go Cycle
12pm Mature Movers	11.30am Yoga	11.30am Pilates	11.30am Gentle Exercise Circuits	12pm Go Cycle	12.15pm Pump Fusion	12.15pm Pump Fusion
2pm Aqua Aerobics	1pm Yoga	12pm Go Cycle (30 min class)	1pm Tai Chi	1pm Kettlebells		
6pm Zumba	2pm Aqua Aerobics	1pm Go Cycle (30 min class)	6pm Zumba	6pm Go Cycle		
7pm Go Cycle	6pm Go Cycle	6pm Go Tough	6.15pm Pilates			
	7pm Pump Fusion	7pm Go Cycle	7.15pm Go Cycle			

**Book via our Mobile App
or call our Team on:
01633 627100**