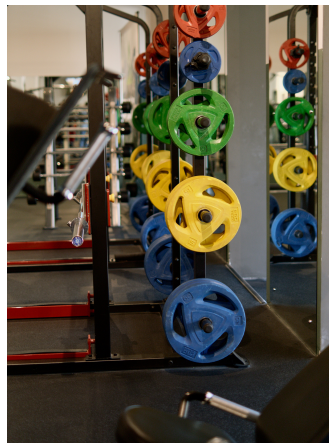


FITNESS CLASS TIMETABLE



Monday

LES MILLS Ceremony	06.30-07.15
Spin	07.15-08.00
Spin	17.30-18.15
MegaFit	17.30-18.15
Yoga/Pilates	18.15-19.00
Flex & Relax	19.15-20.00

Tuesday

HIIT	07.15-08.00
Seated Yoga	12.00-12.45
Yoga/Pilates	12.55-13.40
Walking Football	13.00-14.00
Spin	17.15-18.00
Kettlebells	17.45-18.30
Aqua Aerobics*	20.15-21.00

(*Pre-booked 10 week course, see separate leaflet)

Wednesday

Strength & Conditioning Class	06.30-07.15
Spin	07.15-08.00
Low Impact Circuits	09.00-10.00
	10.00-11.00
Seated Yoga	11.30-12.15
Core/Back & Pelvic Floor	12.30-13.15
LES MILLS Ceremony	17.30-18.15

Thursday

Kettlebells	07.15-08.00
Low Impact Circuits	11.45-12.45
	12.45-13.45
Spin	17.15-18.00
Circuits	18.00-19.00

Friday

Ladies only Strength & Conditioning	06.30-07.15
Spin	07.15-08.00
Yoga/Pilates	11.30-12.15

COMING SOON
LES MILLS BODYPUMP
LES MILLS BODY STEP
LES MILLS SHAPES

Due to limited numbers, pre-booking with payment is highly recommended.

* Not included in Unlimited Dryside Membership



Cyngor Sir
CEREDIGION
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