

MONMOUTH LEISURE CENTRE

DEVELOPMENT

"Fit for future generations"



HAMDENMYNWY
MONLEISURE
www.monleisure.co.uk



Monmouth Fitness Class Programme - Temporary Gym

20/11/2017

Classes

Day	Time	Class	Instructor	Venue
Monday	10:00 - 11:00	FIT4life Walking	Group Led	Bridges
Monday	11:00 - 11:55	FIT4life Gym	Fitness Instructor	Temp Gym
Monday	6:00 - 6:55	LBT KettleBells	Nick Worms	Temp Gym Studio
Monday	6:05 - 6:50	Spin	Nicky Jameson	Temp Gym Studio
Monday	7:00 - 7:55	Stretch & Tone	Nick Worms	Temp Gym Studio
Monday	6:00 - 6:55	Circuits	Mike Bennett	Temp Sportshall
Monday	7:00 - 7:55	Circuits	Mike Bennett	Temp Sportshall
Tuesday	9:15 - 10:00	Spin	Matt Barrett	Temp Gym
Tuesday	10:30 - 11:30	Cardiac Rehab	Private Booking	Shirehall
Tuesday	11:00 - 12:00	FIT4life Gym	Fitness Instructor	Temp Gym
Tuesday	11:00 - 11:55	FIT4Life Class	Lesley	Shirehall
Tuesday	6:30 - 7:25	FIT4Life Tai Chi	Barbara	Temp Gym Studio
Wednesday	9:15 - 10:10	Body Conditioning	Rob Stanyer	Temp Gym Studio
Wednesday	10:15 - 11:10	Yoga	Suzanne	Temp Gym Studio
Wednesday	11:30 - 12:25	Stretch & Tone	Lucia	Temp Gym Studio
Wednesday	12:00 - 12:55	FIT4Life Class	Suzanne	Shirehall
Wednesday	6:30 - 7:15	Spin	Rob Stanyer	Temp Gym
Wednesday	7:30 - 8:15	Spin	Rob Stanyer	Temp Gym
Thursday	11:00 - 12:00	FIT4life Gym	Fitness Instructor	Temp Gym
Thursday	5:00 - 6:00	Cardiac Rehab	Private Booking	Shirehall
Thursday	6:00 - 6:45	Spin	Nicky Jameson	Temp Gym
Thursday	7:00 - 7:55	Pilates	Nicky Jameson	Temp Gym
Friday	11:00 - 12:00	FIT4life Gym	Fitness Instructor	Temp Gym
Friday	11:00 - 11:55	FIT4Life Class	Barbara/ Lesley	Shirehall
Friday	12:00-12:55	Tai Chi	Barbara/ Lesley	Shirehall

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