

Regional Pool & Tennis Centre | Canolfan Tennis a Nofio Ranbarthol

Monday Dydd Llun	Tuesday Dydd Mawrth	Wednesday Dydd Mercher	Thursday Dydd Iau	Friday Dydd Gwener	Saturday Dydd Sadwrn	Sunday Dydd Sul
12:45 - 1:45pm Womens Only Yoga Wellbeing Suite	6:30 - 7:15am Hyrox NISV Pool Gym	9:30 - 10:15am Easy Movers Tennis Court	6:30 - 7:15am Hyrox NISV Pool Gym	12:05 - 12:55pm Aqua Main Pool	8 - 8:45am Cardio Tennis Tennis Court	8:30 - 9:15am Hyrox NISV Pool Gym
2:05 - 2:50pm Aqua Main Pool	9:30 - 10:15am Easy Movers Wellbeing Suite	1 - 1:45pm Aqua Main Pool	2:05 - 2:50pm Aqua Main Pool		8:30 - 9:15am Hyrox NISV Pool Gym	
7 - 7:45pm Hyrox NISV Pool Gym	2:05 - 2:50pm Aqua Main Pool	1 - 1:45pm Stepping Stones Aqua Teaching Pool				
	5:15 - 6pm Womens Only Pilates Wellbeing Suite	6:30 - 7:15pm Womens Strength Circuits Wellbeing Suite				
	6 - 6:45pm Cardio Tennis Tennis Court					
	6:30 - 7:15pm Mens Strength and Stretch Wellbeing Suite					

Active Living Centre | Canolfan Byw'n Actif

Monday Dydd Llun	Tuesday Dydd Mawrth	Wednesday Dydd Mercher	Thursday Dydd Iau	Friday Dydd Gwener
6:15 - 7:00pm Fitness Fusion Dance Studio	7 - 7:45pm Dance Fit Dance Studio	5:15 - 6pm Body Sculpt Dance Studio	5:40 - 6:25pm Beatz Dance Studio	5:30 - 6:15pm Kettlebells Dance Studio
7 - 7:45pm Zumba Dance Studio	7:45 - 8:30pm Aqua Pool	6 - 6:45pm Zumba Dance Studio	6:30 - 7:15pm Fitness Fusion Dance Studio	

Geraint Thomas National Velodrome of Wales | Felodrom Cenedlaethol Cymru Geraint Thomas

Monday Dydd Llun	Tuesday Dydd Mawrth	Wednesday Dydd Mercher	Thursday Dydd Iau	Friday Dydd Gwener	Saturday Dydd Sadwrn	Sunday Dydd Sul
9:30 - 10:15am Easy Movers Dance Studio	5:30 - 6:15pm Kettlebells Dance Studio	7 - 7:30am LESMILLS Sprint ICG	9:30 - 10:15am Pound Dance Studio	9:30 - 10:15am LESMILLS Body Pump Dance Studio	9:15 - 10am Indoor Cycling Group ICG	8:30 - 9:15am LESMILLS RPM ICG
9:30 - 10:30am LESMILLS RPM ICG	6:15 - 7pm LBT Dance Studio	9:30 - 10:15am Body Sculpt Dance Studio	10:30 - 11:15am Body Conditioning Dance Studio	10:30 - 11:15am Indoor Cycling Group ICG	10:30 - 11:15am LESMILLS Body Combat Dance Studio	9:30 - 10:15am LESMILLS Body Pump Dance Studio
10:30 - 11:15am LESMILLS Body Pump Dance Studio	6:30 - 7:15pm HIIT Inner Arena	10:30 - 11:15am LESMILLS Body Combat Dance Studio	11:30 - 12:15pm Pilates Studio	10:30 - 11:15am Fit Steps Fab Dance Studio	11:30 - 12:15pm Pilates Dance Studio	10:30 - 11:15am Fit Steps Dance Studio
11:30 - 12:15pm Yoga Dance Studio	7 - 7:45pm Pilates Dance Studio	11:30 - 12:15pm Yoga Dance Studio	11:30 - 12:30pm Walking Football Inner Arena	11:30 - 12:15pm Pilates Dance Studio	11:30 - 12:15pm Football Health Inner Arena	5:30 - 6:15pm Hyrox Dance Studio
11:30 - 12:15pm Walking Football Arena		5:30 - 6:15pm Indoor Cycling Group ICG	5:30 - 6:15pm Hyrox Dance Studio	11:30 - 12:15pm Womens only Walking Football Inner Arena	1 - 1:45pm Heart Health Dance Studio	
12:30 - 1:15pm Walking Rugby Arena		5:30 - 6:15pm LESMILLS Body Pump Dance Studio	5:30 - 6:15pm Indoor Cycling Group ICG	5:30 - 6:15pm LESMILLS RPM ICG	5:30 - 6:15pm LESMILLS Body Combat Dance Studio	
1 - 1:45pm Heart Health Dance Studio		6:30 - 7:15pm Indoor Cycling Group ICG	6:30 - 7pm LESMILLS Sprint ICG	5:30 - 6:15pm Body Combat Dance Studio	6:30 - 7:15pm Body Sculpt Dance Studio	
5:30 - 6:15pm LESMILLS RPM ICG		6:30 - 7:15pm Pound Dance Studio	6:30 - 7:15pm HIIT Dance Studio	6:30 - 7:15pm LESMILLS Body Pump Dance Studio		
5:30 - 6:15pm Boot Camp Inner Arena		7:30 - 8:15pm Twilight Yoga Dance Studio	7:30 - 8:15pm Pilates Dance Studio			

LESMILLS

NEWPORT LIVE
CASNEWYDD FYW

* Please check the app or website for most up-to-date information (Correct at time of printing: September 2025)
* Ewch i'r ap neu'r wefan i gael yr wybodaeth ddiweddaraf (yn gywir ar adeg argraffu, mis Medi 2025)

01633 656757
NEWPORTLIVE.CO.UK

Station | Gorsaf

Monday Dydd Llun	Tuesday Dydd Mawrth	Wednesday Dydd Mercher		Thursday Dydd Iau	Friday Dydd Gwener	Saturday Dydd Sadwrn	Sunday Dydd Sul
9:30 - 10:30am Body Sculpt Class Space	9:30 - 10:15am Dance Fit Class Space	6:15 - 7am Body Sculpt Class Space	5:30 - 6:15pm LBT Class Space	6:15 - 7am Boot Camp Class Space	9:30 - 10:15am Cardio Sculpt Class Space	9:30 - 10:15am Kettlebells Class Space	10 - 10:45am Body Sculpt Class Space
2:30 - 3:15pm Chair Pilates Class Space	1:30 - 2:15pm Mature Movers Class Space	8:40 - 9:25am Yoga Class Space	6:15 - 7pm Body Sculpt Class Space	9:30 - 10:15am Fusion Fitness Class Space	10:30 - 11:15am Easy Movers Class Space	10:30 - 11:15am Box Fit Class Space	11:15 - 12pm Indoor Cycling Class Space
5:30 - 6:15pm Indoor Cycling Class Space	4:30 - 5:15pm Girls Take Over Class Space	9:30 - 10am HIIT Class Space	7:30 - 8:15pm Boot Camp Class Space	5:30 - 6:15pm Indoor Cycling Class Space	11:15 - 12pm Pilates Class Space	11:30 - 12:15pm Zumba Class Space	
6:20 - 7:05pm Kettlebells Class Space	5:30 - 6:15pm Body Sculpt Class Space	9:30 - 10:15am Step Class Space		6:30 - 7:15pm Box Fit Class Space	12:15 - 1pm Strength and Balance Class Space		
7:30 - 8:15pm Pilates Class Space	6:15 - 7pm Fusion Fitness Class Space	10:30 - 11:15am Body Sculpt Class Space		7:20 - 8:05pm Kettlebells Class Space	5:30 - 6:15pm Beatz Class Space		
		12:15 - 1pm Strength and Balance Class Space					

The Riverfront Theatre & Arts Centre | Theatr a Chanolfan Gelfyddydau Glan yr Afon

Monday Dydd Llun	Wednesday Dydd Mercher	Thursday Dydd Iau	Saturday Dydd Sadwrn
9:30 - 10:15am Fitness Fusion Dance Studio	9:30 - 10:15am Fit Steps Fab Dance Studio	9:15 - 10am Dance Fit Dance Studio	10:30 - 11:15am Pilates Dance Studio
10:25 - 11:10am Zumba Dance Studio	11:30 - 12:15pm Tai Chi Dance Studio	10:05 - 10:50am Barre Dance Studio	
11:15 - 12pm Pilates Dance Studio		11:30 - 12:15pm Yoga Dance Studio	
12:15 - 1pm Tai Chi Dance Studio		5:30 - 6:15pm Zumba Dance Studio	
5:30 - 6:15pm Zumba Dance Studio			
6:15 - 7pm Yoga Dance Studio			