

# 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
<b>12:45 - 1:45pm</b> Women's Only Yoga Wellbeing Suite	<b>6:30 - 7:15am</b> Hyrox NISV Pool Gym	<b>9:30 - 10:15am</b> Easy Movers Tennis Court	<b>6:30 - 7:15am</b> Hyrox NISV Pool Gym	<b>10:15 - 11am</b> Stepping Stones Pilates in a Chair Wellbeing Suite	<b>8 - 8:45am</b> Cardio Tennis Tennis Court	<b>8:30 - 9:15am</b> Hyrox NISV Pool Gym
<b>2:05 - 2:50pm</b> Aqua Main Pool	<b>9:30 - 10:15am</b> Easy Movers Wellbeing Suite	<b>1 - 1:45pm</b> Aqua Main Pool	<b>2:05 - 2:50pm</b> Aqua Strength Main Pool	<b>12:05 - 12:55pm</b> Aqua Main Pool	<b>8:30 - 9:15am</b> Hyrox NISV Pool Gym	
<b>7 - 7:45pm</b> Hyrox NISV Pool Gym	<b>2:05 - 2:50pm</b> Aqua Main Pool	<b>1 - 1:45pm</b> Stepping Stones Aqua Teaching Pool				
	<b>5:15 - 6pm</b> Women's Only Pilates Wellbeing Suite	<b>6:30 - 7:15pm</b> Women's Strength Circuits Wellbeing Suite				
	<b>6 - 6:45pm</b> Cardio Tennis Tennis Court					
	<b>6:30 - 7:15pm</b> Men's Strength and Stretch Wellbeing Suite					

Please check the app for most up-to-date information (Correct at time of printing: November 2025). Please book in advance for all classes to ensure you get a space- booking available 8 days in advance for members and 4 days in advance for non-members.

Mae amserlenni'n gywir ar adeg argraffu (Tachwedd 2025). Ewch i'r ap i gael y wybodaeth ddiweddaraf. Archebwch ymlaen llaw ar gyfer pob dosbarth i sicrhau eich lle - gall aelodau archebu 8 diwrnod ymlaen llaw a'r rheiny nad ydynt yn aelodau 4 diwrnod ymlaen llaw.

# Active Living Centre | Canolfan Byw'n Actif

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

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## Active Living Centre | Canolfan Byw'n Actif

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

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

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

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Mae amserlenni'n gywir ar adeg argraffu (Tachwedd 2025). Ewch i'r ap i gael y wybodaeth ddiweddaraf. Archebwch ymlaen llaw ar gyfer pob dosbarth i sicrhau eich lle - gall aelodau archebu 8 diwrnod ymlaen llaw a'r rheiny nad ydynt yn aelodau 4 diwrnod ymlaen llaw.

# 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	
<b>9:30 - 10:15am</b> Easy Movers Dance Studio	<b>5:30 - 6:15pm</b> Kettlebells Dance Studio	<b>9:30 - 10:15am</b> Body Sculpt Dance Studio	<b>9:30 - 10:15am</b> Pound Dance Studio	<b>9:30 - 10:15am</b> Hyrox Dance Studio	<b>9:30 - 10:15am</b> <b>LESMILLS</b> Body Pump Dance Studio	<b>9:15 - 10am</b> Indoor Cycling Group ICG	<b>8:30 - 9:15am</b> <b>LESMILLS</b> RPM ICG
<b>9:30 - 10:30am</b> <b>LESMILLS</b> RPM ICG	<b>6:15 - 7pm</b> Legs, Bums and Tums Dance Studio	<b>10:30 - 11:15am</b> <b>LESMILLS</b> Dance Studio	<b>10:30 - 11:15am</b> Body Conditioning Dance Studio	<b>10:30 - 11:15am</b> Indoor Cycling Group ICG	<b>10:30 - 11:15am</b> <b>LESMILLS</b> Body Combat Dance Studio	<b>9:30 - 10:15am</b> Zumba Dance Studio	<b>9:30 - 10:15am</b> <b>LESMILLS</b> Body Pump Dance Studio
<b>10:30 - 11:15am</b> <b>LESMILLS</b> Body Pump Dance Studio	<b>7 - 7:45pm</b> Pilates Dance Studio	<b>11:30 - 12:15pm</b> Yoga Dance Studio	<b>11:30 - 12:15pm</b> Pilates Studio	<b>10:30 - 11:15am</b> Fit Steps Fab Dance Studio	<b>11:15 - 12:00pm</b> Pilates Dance Studio	<b>10:30 - 11:15am</b> Fit Steps Dance Studio	<b>10:30 - 11:15am</b> Zumba Dance Studio
<b>11:30 - 12:15pm</b> Yoga Dance Studio		<b>5:30 - 6:15pm</b> Indoor Cycling Group ICG	<b>11:30 - 12:30pm</b> Walking Football Inner Arena	<b>11:30 - 12:15pm</b> Pilates Dance Studio	<b>11:30 - 12:15pm</b> Stepping Stones Football Health Inner Arena		<b>5:30 - 6:15pm</b> Hyrox Dance Studio
<b>11:30 - 12:15pm</b> Walking Football Arena		<b>5:30 - 6:15pm</b> <b>LESMILLS</b> Dance Studio	<b>5:30 - 6:15pm</b> Hyrox Dance Studio	<b>11:30 - 12:15pm</b> Women's only Walking Football Inner Arena	<b>1 - 1:45pm</b> Heart Health Dance Studio		
<b>12:30 - 1:15pm</b> Walking Rugby Arena		<b>6:30 - 7:15pm</b> Indoor Cycling ICG	<b>5:30 - 6:15pm</b> Indoor Cycling Group ICG	<b>5:30 - 6:15pm</b> <b>LESMILLS</b> RPM ICG	<b>5:30 - 6:15pm</b> <b>LESMILLS</b> Body Combat Dance Studio		
<b>1 - 1:45pm</b> Stepping Stones Heart Health Dance Studio		<b>6:30 - 7:15pm</b> Pound Dance Studio	<b>6:30 - 7pm</b> <b>LESMILLS</b> Sprint ICG	<b>5:30 - 6:15pm</b> <b>LESMILLS</b> Body Combat Dance Studio	<b>6:30 - 7:15pm</b> Body Sculpt Dance Studio		
<b>5:30 - 6:15pm</b> <b>LESMILLS</b> RPM ICG		<b>7:30 - 8:15pm</b> Twilight Yoga Dance Studio	<b>6:30 - 7:15pm</b> HIIT Dance Studio	<b>6:30 - 7:15pm</b> <b>LESMILLS</b> Body Pump Dance Studio			
<b>5:30 - 6:15pm</b> Boot Camp			<b>7:30 - 8:15pm</b> Pilates				

Please note class timetables are correct at time of going to print. For the latest information please check the app. Please book in advance for all classes to ensure you get a space - booking available 8 days in advance for members and 4 days in advance for non-members.

Ewch i'r ap i gael yr wybodaeth ddiweddaraf (yn gywir ar adeg argraffu, mis Tachwedd 2025). Please book in advance for all classes to ensure you get a space- booking available 8 days in advance for members and 4 days in advance for non-members.

**LESMILLS**

**NEWPORT LIVE**  
**CASNEWYDD** FYW

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
<b>9:30 - 10:30am</b> Body Sculpt Class Space	<b>9:30 - 10:15am</b> Dance Fit Class Space	<b>6:15 - 7am</b> Body Sculpt Class Space	<b>5:30 - 6:15pm</b> LBT Class Space	<b>6:15 - 7am</b> Boot Camp Class Space	<b>9:30 - 10:15am</b> Cardio Sculpt Class Space	<b>9:30 - 10:15am</b> Kettlebells Class Space	<b>10 - 10:45am</b> Body Sculpt Class Space
<b>2:30 - 3:15pm</b> Chair Pilates Class Space	<b>1:30 - 2:15pm</b> Easy Movers Class Space	<b>8:40 - 9:25am</b> Yoga Class Space	<b>6:15 - 7pm</b> Body Sculpt Class Space	<b>9:30 - 10:15am</b> Fusion Fitness Class Space	<b>10:30 - 11:15am</b> Easy Movers Class Space	<b>10:30 - 11:15am</b> Box Fit Class Space	<b>11:15 - 12pm</b> Indoor Cycling Class Space
<b>5:30 - 6:15pm</b> Indoor Cycling Class Space	<b>4:30 - 5:15pm</b> Girls Take Over Class Space	<b>9:30 - 10am</b> HIIT Class Space	<b>7:30 - 8:15pm</b> Boot Camp Class Space	<b>5:30 - 6:15pm</b> Indoor Cycling Class Space	<b>11:15 - 12pm</b> Pilates Class Space	<b>11:30 - 12:15pm</b> Zumba Class Space	
<b>6:20 - 7:05pm</b> Kettlebells Class Space	<b>5:30 - 6:15pm</b> Body Sculpt Class Space	<b>9:30 - 10:15am</b> Step Class Space		<b>6:30 - 7:15pm</b> Box Fit Class Space	<b>12:15 - 1pm</b> Strength and Balance Class Space		
<b>7:30 - 8:15pm</b> Pilates Class Space	<b>6:15 - 7pm</b> Fusion Fitness Class Space	<b>10:30 - 11:15am</b> Body Sculpt Class Space		<b>7:20 - 8:05pm</b> Kettlebells Class Space	<b>5:30 - 6:15pm</b> Beatz Class Space		
		<b>12:15 - 1pm</b> Strength and Balance Class Space					

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