



October and November

Adults: £4

Concessions: £2

	Monday	Tuesday	Wednesday	Thursday	Friday
Abercynon	Low Intensity SpinFit 10.30am - 11.15am Boxercise 12pm - 12.45pm	Low Intensity Circuits 11am-11.45am Circuits 12pm-12.45pm Circuits 6pm-6.45pm	Boxercise 7pm-7.45pm	Low Intensity Circuits 11am-11.45am	Low Intensity Syngry 10.30am-11.15am
Hawthorn	Core Stability 10am-11am Turn'd Up 6.55pm-7.55pm	Zumba 6pm-7pm	Circuits 7pm-8pm	Fitball 10.15am-11.15am Zumba 6pm-7pm	
Llys Cadwyn		Circuits 5.15pm-6pm			BarBell 6.15am-7am 80s & 90s Spin 9.15am-10am Core and Stretch 10.15am-11am
Llantrisant	Boxercise 6.30pm-7.30pm	Legs, Bums & Tums 10.40am-11.30am Circuits 6.30pm-7.30pm	Body Pump 9.30am-10.20am Body Balance 10.30am-11.30am KO8 6.30pm-7.30pm Body Pump 7.15pm-8.15pm	Body Pump: 6.30am-7.15am Circuits 6.30pm-7.30pm	KO8 Combo 5pm-5.50pm
Llantwit Fardre	Circuits 6pm-7pm		Circuits 6pm-7pm		Circuits 5pm-6pm
Rhondda	Body Pump 6.30am-7.15am	Spin 6.30am-7.15am Low Intensity Circuits 11.45am-12.45pm Boxercise 6pm-6.45pm	HIIT 6.30am-7.30am Zumba 10am-10.45am Body Attack 6pm-7pm	Spin and Swing 6.30am-7.30am Low Intensity Circuits 11.45pm-12.45pm	Body Balance 10.30am-11.30am
Rhondda Fach	Functional Fitness 10am-11am Cardio Blast 6pm- 7pm	Yoga 1pm-2.30pm Zumba 6pm-7pm	Circuits 6pm-7pm	Kettlebells 7pm—8pm	
Sobell	Omnia 6.15am-7am Super Agers Boxercise 11am-12.15pm	Circuits 6pm-6.45pm	Boxercise 7pm-7.45pm		
Tonyrefail	Pilates 7pm-8pm		Pilates 7.15pm-8.15pm		Pilates 10.30am-11.30am



Each class is £4 or £2 concession (under 18/over 60/carer/student/on qualifying benefits).

Only classes on the Fall Into Fitness timetable (at the times stated on the timetable) are included.

Other classes, which are not on the timetable or take place at a different time to the timetable can be accessed on a pay as you go basis, but normal fees will apply.



RHONDDA CYNON TAF