

exercise class programme

Chirk Leisure & Activity Centre

Accurate as of 04/05/2024

Times for Monday 20 June



Time	Session	Facility	Level
16:00 - 17:00	Ffitrwydd Iau / Junior Fitness	Campfa Gym	
17:30 - 18:15	Seiclo dan do / Indoor Cycling	Neuadd Chwareuon Sports Hall	
18:30 - 19:30	Zumba®	Neuadd Chwareuon Sports Hall	
19:15 - 20:00	Erobeg yn y D_r / Aqua Aerobics	Pwll Dan Do Indoor Pool (25.0m)	