

exercise class programme

Chirk Leisure & Activity Centre

Accurate as of 05/05/2024

Times for Wednesday 22 June



Time	Session	Facility	Level
13:30 - 14:15	60+ Cylchedau yn y D_r / Aqua Circuits	Pwll Dan Do Indoor Pool (25.0m)	
14:30 - 15:15	Cylchedau yn y D_r / Aqua Circuits	Pwll Dan Do Indoor Pool (25.0m)	
16:00 - 17:00	Ffitrwydd Iau / Junior Fitness	Campfa Gym	
18:15 - 18:45	Les Mills Core / Les Mills Core	Neuadd Chwareuon Sports Hall	
18:30 - 19:15	Erobeg yn y D_r / Aqua Aerobics	Pwll Dan Do Indoor Pool (25.0m)	
19:00 - 20:00	Zumba / Zumba	Neuadd Chwareuon Sports Hall	