

exercise class programme

Chirk Leisure & Activity Centre

Accurate as of 05/05/2024

Times for Thursday 23 June



| Time | Session | Facility | Level |
|---------------|--------------------------------|--------------------------------|-------|
| 17:30 - 18:15 | Seiclo dan do / Indoor Cycling | Neuadd Chwareuon Sports Hall | |
| 18:30 - 19:30 | Les Mills BODYCOMBAT™ | Neuadd Chwareuon Sports Hall | |