

exercise class programme

Chirk Leisure & Activity Centre

Accurate as of 05/05/2024

Times for Friday 24 June



Time	Session	Facility	Level
16:00 - 17:00	Ffitrwydd Iau / Junior Fitness	Campfa Gym	
17:45 - 18:15	HIIT / HIIT	Neuadd Chwareuon Sports Hall	
18:30 - 19:00	Les Mills Core / Les Mills Core	Neuadd Chwareuon Sports Hall	