

# exercise class programme

## Chirk Leisure & Activity Centre

Accurate as of 28/04/2024

### Times for Friday 1 July



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	