

exercise class programme

Chirk Leisure & Activity Centre

Accurate as of 01/05/2024

Times for Sunday 3 July



Time	Session	Facility	Level
09:30 - 10:30	Ioga / Yoga	Neuadd Chwareuon Sports Hall	
11:00 - 12:00	Ffitrwydd Iau / Junior Fitness	Campfa Gym	