

exercise class programme

Chirk Leisure & Activity Centre

Accurate as of 11/05/2024

Times for Tuesday 26 March



Time	Session	Facility	Level
09:30 - 10:15	Erobeg yn y D_r / Aqua Aerobics	Pwll Dan Do Indoor Pool (25.0m)	
10:30 - 11:15	Sesiwn Ymarfer Aqua / Aqua Workout	Pwll Dan Do Indoor Pool (25.0m)	
18:15 - 19:15	Les Mills BodyPump / Les Mills BodyPump	Neuadd Chwareuon Sports Hall	
21:00 - 22:00	Nofio Meistr / Masters Swimming	Pwll Dan Do Indoor Pool (25.0m)	