

# exercise class programme

## Chirk Leisure & Activity Centre

Accurate as of 28/04/2024

### Times for Tuesday 2 April



| 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) |       |