group exercise programme East Radnor Leisure Centre

Accurate as of 01/11/2024

Times for Monday 25 March			(
Time	Session	Facility	Level
9:00 am - 9:45 am	Aqua Ymarfer Cyn Geni / Aqua Natal	Swimming Pool	
7:15 pm - 8:00 pm	Aqua Aerobics	Swimming Pool	all levels