

group exercise programme

East Radnor Leisure Centre

Accurate as of 17/05/2024

Times for Thursday 28 March



Time	Session	Facility	Level
6:15 pm - 7:00 pm	Kettlebells	Sports Hall	
6:15 pm - 7:00 pm	Seiclo dan do / Indoor Cycling	Studio	all levels
7:30 pm - 8:15 pm	Erobeg yn y D_r / Aqua Aerobics	Swimming Pool	