

group exercise programme

East Radnor Leisure Centre

Accurate as of 07/05/2024

Times for Monday 1 April



Time	Session	Facility	Level
9:00 am - 9:45 am	Aqua Ymarfer Cyn Geni / Aqua Natal	Swimming Pool	
6:30 pm - 7:15 pm	Cylchedau / Circuits	Sports Hall	intermediate
7:15 pm - 8:00 pm	Aqua Aerobics	Swimming Pool	all levels