

group exercise programme

East Radnor Leisure Centre

Accurate as of 18/05/2024

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	