

# group exercise programme

## East Radnor Leisure Centre

Accurate as of 28/05/2026

### Times for Thursday 28 May



Time	Session	Facility	Level
6:30 pm - 7:15 pm	Cylchedau / Circuits	Sports Hall	all levels
6:45 pm - 7:30 pm	Circuits	Sports Hall	all levels
7:10 pm - 7:40 pm	Stretch & Tone	Squash Courts	all levels
7:30 pm - 8:15 pm	Coach by Colour Indoor Cycling	Studio	all levels
7:45 pm - 8:15 pm	Erobeg yn y D_r / Aqua Aerobics	Swimming Pool	all levels