

# group exercise programme

## East Radnor Leisure Centre

Accurate as of 28/05/2026

### Times for Monday 1 June



Time	Session	Facility	Level
9:00 am - 9:45 am	Aqua Ymarfer Cyn Geni / Aqua Natal	Swimming Pool	all levels
6:00 pm - 6:45 pm	Legs, Bums & Tums	Sports Hall	all levels
6:45 pm - 7:15 pm	Stretch & Tone	Sports Hall	all levels
7:10 pm - 7:40 pm	Seiclo dan do / Indoor Cycling	Studio	all levels
7:30 pm - 8:15 pm	Aqua Aerobics	Swimming Pool	all levels