

group exercise programme

East Radnor Leisure Centre

Accurate as of 28/05/2026

Times for Wednesday 3 June



Time	Session	Facility	Level
7:20 am - 8:05 am	Legs, Bums & Tums	Sports Hall	all levels
8:05 am - 8:35 am	Abs Blast	Sports Hall	all levels
6:15 pm - 6:45 pm	Vibe Cycle	Studio	all levels
7:00 pm - 7:45 pm	Pilates	Sports Hall	all levels