# group exercise programme
## East Radnor Leisure Centre

**Accurate as of 24/11/2026**

### Times for Tuesday 24 November

| Time | Session | Facility | Level |
|---|---|---|---|
| 9:15 am - 10:00 am | Mamau Egnïol / Active Mums | Sports Hall | all levels |
| 5:30 pm - 6:15 pm | Pilates | Sports Hall | all levels |