group exercise programme

East Radnor Leisure Centre

Accurate as of 24/11/2026

Times for Wednesday 25 November

Time	Session	Facility	Level
7:20 am - 8:05 am	Body Conditioning	Sports Hall	all levels
8:05 am - 8:35 am	Abs Blast	Sports Hall	all levels
6:00 pm - 7:00 pm	Mindful Movements	Squash Courts	all levels
7:00 pm - 7:45 pm	Pilates	Sports Hall	all levels