group exercise programme
East Radnor Leisure Centre

Accurate as of 24/11/2026

Times for Thursday 26 November

Time	Session	Facility	Level
9:00 am - 9:30 am	Fit in 30	Sports Hall	all levels
9:35 am - 10:05 am	Stretch & Tone	Sports Hall	all levels
6:30 pm - 7:15 pm	Cylchedau / Circuits	Sports Hall	all levels
7:20 pm - 7:50 pm	Stretch & Tone	Squash Courts	all levels
7:30 pm - 8:15 pm	Coach by Colour Indoor Cycling	Studio	all levels
7:55 pm - 8:30 pm	Erobeg yn y D_r / Aqua Aerobics	Swimming Pool	all levels