group exercise programme
East Radnor Leisure Centre

Accurate as of 24/11/2026

Times for Monday 30 November

Time	Session	Facility	Level
9:00 am - 9:45 am	Aqua Ymarfer Cyn Geni / Aqua Natal	Swimming Pool	all levels
5:05 pm - 5:35 pm	Abs Blast	Squash Courts	all levels
6:00 pm - 6:45 pm	Legs, Bums & Tums	Sports Hall	all levels
6:35 pm - 7:15 pm	Dance Fitness	Squash Courts	all levels
6:45 pm - 7:15 pm	Stretch & Tone	Sports Hall	all levels
7:20 pm - 7:50 pm	Seiclo dan do / Indoor Cycling	Studio	all levels
7:55 pm - 8:30 pm	Aqua Aerobics	Swimming Pool	all levels