

Rhyl Class Timetable

Rhyl Leisure Centre

Accurate as of 19/04/2021

Times for Friday 22 January



Time	Session	Facility
6:30 am - 7:15 am	Group Cycle Rhythm	Spin Studio
10:00 am - 11:00 am	Pilates	Dance Studio
11:15 am - 12:15 pm	Zumba Toning	Dance Studio
6:00 pm - 7:00 pm	Ultimate Intervals	Sports Hall
6:15 pm - 7:00 pm	Group Cycle Rhythm	Spin Studio