

group exercise programme

East Radnor Leisure Centre

Accurate as of 28/04/2024

Times for Monday 23 October



| Time | Session | Facility | Level |
|-------------------|---------------------|-------------|------------|
| 6:30 pm - 7:15 pm | Sbinio / Spinning ® | Studio | all levels |
| 7:00 pm - 7:30 pm | Metafit | Sports Hall | all levels |
| 7:30 pm - 8:00 pm | Pure Stretch | Sports Hall | all levels |