

# group exercise programme

## East Radnor Leisure Centre

Accurate as of 28/04/2024

### Times for Monday 11 December



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