group exercise programme East Radnor Leisure Centre

Accurate as of 11/05/2024

| Times for Thursday 21 December | | | | () |
|--------------------------------|---------------------|-------------|------------|----|
| Time | Session | Facility | Level | |
| 6:00 pm - 6:45 pm | Sbinio / Spinning ® | Studio | all levels | |
| 7:00 pm - 8:00 pm | Kettlebells | Sports Hall | all levels | |