

group exercise programme

East Radnor Leisure Centre

Accurate as of 17/05/2024

Times for Thursday 27 September



| 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 |