

# group exercise programme

## East Radnor Leisure Centre

Accurate as of 06/05/2024

| Times for Monday 17 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 |