

# group exercise programme

## East Radnor Leisure Centre

Accurate as of 21/05/2024

| Times for Friday 6 December |              |             |            |
|-----------------------------|--------------|-------------|------------|
| Time                        | Session      | Facility    | Level      |
| 9:15 am - 9:45 am           | Fit in 30    | Sports Hall | all levels |
| 9:45 am - 10:15 am          | Pure Stretch | Sports Hall | all levels |