group exercise programme
East Radnor Leisure Centre

Accurate as of 12/10/2024

Times for Monday 9 December

Time	Session	Facility	Level
9:30 am - 10:30 am	Gentle Circuits	Sports Hall	all levels
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