## group exercise programme East Radnor Leisure Centre

## Accurate as of 25/04/2024

| Times for Thursday 12 December |                     |             |            | <u>()</u> |
|--------------------------------|---------------------|-------------|------------|-----------|
| 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 |           |