

# group exercise programme

## East Radnor Leisure Centre

Accurate as of 02/05/2024

### Times for Thursday 9 July



| 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 |