

## October & November

Adult £4.00

Concession £2.00



2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LLANTRISANT LEISURE CENTRE</b>		<b>Legs, Bums &amp; Tums</b> 10:40-11:30 <b>Circuits</b> 18:30-19:30	<b>KO8</b> 18:30-19:15	<b>Body Pump</b> 6:30-7:15 <b>Circuits</b> 18:30-19:30 <b>Zumba</b> 19:30-20:30	<b>KO8 Juniors (11+)</b> 17:00-17:45		<b>Circuits</b> 17:00-18:00
<b>HAWTHORN LEISURE CENTRE</b>	<b>Peak Spin</b> 19:00-19:55	<b>Circuits</b> 9:30-10:30 <b>Low Impact</b> 10:30-11:30 <b>Zumba</b> 18:00-19:00	<b>Legs, Bums &amp; Tums</b> 17:30-18:20 <b>Circuits</b> 19:00-20:00	<b>Zumba</b> 18:00-19:00	<b>Legs, Bums &amp; Tums</b> 9:20-10:10 <b>Spin Fit</b> 16:30-17:30	<b>Bodymax</b> 10:00-10:55	
<b>ABERCYNON SPORTS CENTRE</b>		<b>Low Intensity Circuits</b> 11:00-11:45 <b>Functional Fitness</b> 12:00-12:45 <b>Circuits</b> 18:00-18:45	<b>HIIT</b> 18:00-18:45	<b>Low Intensity Circuits</b> 11:00-11:45	<b>Low Intensity Functional Fitness</b> 11:00-11:45		<b>Functional Fitness</b> 10:15-11:00
<b>SOBELL LEISURE CENTRE</b>		<b>Circuits</b> 18:00-19:00		<b>Body Conditioning</b> 18:00-19:00			
<b>RHONDDA FACH LEISURE CENTRE</b>	<b>Cardio Blast</b> 18:00-19:00	<b>Low Impact Circuits</b> 11:00-12:00 <b>Zumba</b> 18:00-19:00	<b>Circuits</b> 18:00-19:00		<b>Low Impact Circuits</b> 12:00-13:00		
<b>LLYS CADWYN PONTYPRIDD</b>	<b>Kettle Box</b> 12:15-13:00				<b>Legs Bums &amp; Tums</b> 18:00-18:45		
<b>RHONDDA SPORTS CENTRE</b>	<b>Zumba</b> 17:30-18:15 <b>Balance</b> 18:30-19:30	<b>Spin</b> 06:15-7:00 <b>Low Impact Circuits</b> 11:45-12:45	<b>Zumba</b> 9:30-10:30	<b>Circuits</b> 18:00-19:00	<b>Balance</b> 10:30-11:30 <b>Kettle Bells</b> 17:30-18:30	<b>Spin</b> 07:15-08:00	<b>Body Pump</b> 08:00-09:00
<b>TONYREFAIL LEISURE CENTRE</b>		<b>Zumba</b> 18:00-19:00		<b>Pilates</b> 19:00-20:00		<b>Zumba</b> 09:15-10:15	
<b>LLANTWIT FARDRE LEISURE CENTRE</b>	<b>Circuits</b> 18:00-19:00		<b>Circuits</b> 18:00-19:00		<b>Circuits</b> 17:00-18:00	<b>Circuits</b> 10:00-11:00	

All classes in this promotion are FREE for Leisure for Life members.

RHONDDA CYNON TAF LEISURE SERVICES

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