

## Classes and Activities

All the following classes are FREE and are bookable 7 days in advance to Leisure for Life members.

### MONDAY

- 06:30 - 07:00 ● OMNIA
- 09:30 - 10:00 ● Spinning
- 10:00 - 10:30 ● Octane
- 10:30 - 11:30 ● Low Intensity Circuits
- 18:00 - 19:00 ○ Boxercise
- 18:15 - 19:15 ● BodyPump (Les Mills)
- 19:30 - 20:30 ● BodyAttack (Les Mills)
- 19:30 - 20:30 ○ BodyBalance (Les Mills)

### TUESDAY

- 06:30 - 07:00 ● Octane
- 09:30 - 10:00 ● Spinning
- 09:30 - 10:30 ● Yoga
- 17:30 - 18:15 ● Spinning
- 18:30 - 19:30 ● Circuits
- 19:45 - 20:45 ● Legs, Bums & Tums

### WEDNESDAY

- 06:30 - 07:00 ● Spinning
- 09:30 - 10:30 ● Pilates
- 10:00 - 11:00 ● Low Intensity Circuits
- 11:15 - 12:15 ● Mobility and Balance
- 17:00 - 17:30 ● Junior OMNIA (Ages 11+)
- 18:15 - 19:15 ● BodyBalance (Les Mills)
- 18:30 - 19:15 ● OMNIA
- 19:30 - 20:30 ● BodyPump (Les Mills)

### THURSDAY

- 06:15 - 07:00 ● BodyPump (Les Mills)
- 07:15 - 08:15 ● BodyBalance (Les Mills)
- 09:30 - 10:00 ● Spinning
- 17:30 - 18:15 ● Spinning
- 18:10 - 18:45 ● BodyPump Express (Les Mills)
- 18:30 - 19:30 ● Circuits
- 18:50 - 19:30 ● BodyAttack (Les Mills)
- 19:30 - 20:30 ● Zumba

### FRIDAY

- 06:30 - 07:00 ● OMNIA
- 09:30 - 10:30 ● BodyBalance (Les Mills)
- 10:00 - 11:00 ● Low Intensity Circuits
- 11:15 - 12:00 ● Mobility and Balance
- 17:00 - 17:30 ● Junior OMNIA (Ages 11+)
- 18:00 - 18:30 ● OMNIA
- 19:00 - 20:00 ● Junior Badminton (Ages 7+)

- Gym
- Spin Studio
- Main Hall
- Squash Courts
- Conference Bar
- Conference Suite
- Main Pool
- Small Pool
- Level 4 Hall

2020 FROM JANUARY






Find us on Facebook

PRE-BOOKING CLASSES IS ADVISABLE








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## SATURDAY

- 07:15 - 08:00  **Spinning**
- 08:15 - 09:00  **BodyPump** (Les Mills)
- 09:30 - 10:30  **Junior Squash** Beginners  
(Ages 5-10yrs)
- 09:30 - 10:30  **OMNIA**
- 10:30 - 12:00  **Adult & Junior Squash**  
Intermediate (Ages 10+)

## SUNDAY

- 10:00 - 11:00  **BodyBalance** (Les Mills)
- 09:30 - 10:30  **Junior Squash** Beginners  
(Ages 5-10yrs)
- 10:30 - 12:00  **Adult & Junior Squash**  
Intermediate (Ages 10+)
- 16:45 - 17:30  **Spinning**
- 17:30 - 18:30  **Circuits**
- 19:00 - 20:00  **Legs, Bums & Tums**

### PLEASE NOTE:

Various taster sessions will be offered at different times during the year.

**For up-to-date information please follow us on Facebook and/or speak to a member of staff.**

## This centre also hosts external classes and club activities.

- Splash Stars
- Llantrisant Netball Club
- Sub Aqua Club
- Llantrisant Squash Club
- RCT Performance Swim Squad
- Kyokushin Karate (Alwyn Heath)
- YAH clubs  
Over 50's sports, social and activity
- Llantwit Lions (Roller Hockey)
- RSD Dance  
Junior Dance, Cheerleading, Street
- JPJ Dance  
Junior Tap, Ballet & Street
- Pickleball (Lynda Gorwill)
- Kumon  
After school Maths and English programme
- Junior Basketball (Jon Bunyan)
- RJD Archers
- Jujitsu (Jeff Evans)
- Kombar Jujitsu
- Slimming World
- TJs Roller Skating
- Rugby Tots
- WCKA Karate
- Fit4Fun

Due to unforeseen circumstances, occasionally some fitness classes may be cancelled at short notice.



Leisure for Life Membership information can be found by visiting [www.rctcbc.gov.uk/leisuremembership](http://www.rctcbc.gov.uk/leisuremembership), enquiring at reception or via the **Leisure For Life APP**.

# LLANTRISANT LEISURE CENTRE

Southgate Park, Llantrisant CF72 8DJ ☎ **01443 224616**  
**01443 228538**



# Swimming Pool Programme **Main Pool**

The Pool timetables are for **TERM TIME ONLY** and will change for school holidays and Bank holidays. For information on **Swimming Pool Admission Policies** and details about **Public Holiday openings** please speak to a member of staff, visit our website or follow us on Facebook.

## MONDAY

- 07:00 - 08:55 ● Lane Swimming
- 12:30 - 13:15 ● Lane Swimming
- 15:00 - 18:10 ● Public Swimming
- 18:10 - 19:30 ● Lane Swimming
- 18:10 - 18:40: Limited lanes due to swimming lessons

## TUESDAY

- 07:00 - 10:00 ● Lane Swimming
- 10:00 - 14:00 ● Public Swimming
- 14:00 - 15:45 ● Lane Swimming
- 16:00 - 19:25 ● Junior Learn to Swim
- 19:30 - 20:00 ● Adult Learn to Swim Beginners
- 20:00 - 20:30 ● Adult Learn to Swim Intermediate
- 20:30 - 21:30 ● Lane Swimming

## WEDNESDAY

- 07:00 - 08:55 ● Lane Swimming
- 12:30 - 13:15 ● Lane Swimming
- 15:00 - 15:55 ● Public Swimming
- 16:00 - 18:15 ● Junior Learn to Swim
- 18:15 - 19:30 ● Public Swimming
- 19:30 - 20:30 ● Aqua Aerobics
- 20:30 - 21:30 ● Lane Swimming

## THURSDAY

- 07:00 - 08:55 ● Lane Swimming
- 14:00 - 15:00 ● 50+ Swimming
- 15:00 - 16:00 ● Public Swimming
- 20:00 - 21:00 ● Aqua Aerobics

## FRIDAY

- 07:00 - 08:55 ● Lane Swimming
- 12:30 - 13:15 ● Lane Swimming
- 15:00 - 16:00 ● Public Swimming

## SATURDAY

- 07:15 - 08:25 ● Lane Swimming
- 08:30 - 11:55 ● Junior Learn to Swim
- 15:00 - 17:00 ● Public Swimming

## SUNDAY

- 10:15 - 12:00 ● Public Swimming
- 13:00 - 18:00 ● Public Swimming
- 18:00 - 19:00 ● Aqua Aerobics
- 19:00 - 20:00 ● Lane Swimming

# Swimming Pool Programme Small Pool

## MONDAY

- 15:00 - 19:00 ● **Public Swimming**  
15:45 - 18:00: Limited access due to Welsh language swimming lessons.

## TUESDAY

- 10:00 - 12:00 ● **Public Swimming**  
12:15 - 14:15 ● **Baby & Toddler Swimming Lessons**  
14:30 - 15:30 ● **Sing, Splash, Learn**  
An open access session for 4 months - 3 year olds. Free for JUNIOR Leisure for Life members with one accompanying adult entitled to free entry.  
16:20 - 18:35 ● **Baby & Toddler Swimming Lessons**  
16:20 - 18:35 ● **Junior Learn to Swim**

## WEDNESDAY

- 15:00 - 15:45 ● **Public Swimming**  
15:45 - 17:55 ● **Baby & Toddler Swimming Lessons**  
15:45 - 17:55 ● **Junior Learn to Swim**  
18:00 - 20:00 ● **Public Swimming**

## THURSDAY

- 12:30 - 18:45 ● **Public Swimming**

## FRIDAY

- 15:00 - 18:45 ● **Public Swimming**

## SATURDAY

- 08:45 - 12:10 ● **Baby & Toddler Swimming Lessons**  
08:45 - 12:10 ● **Junior Learn to Swim**  
14:00 - 17:00 ● **Public Swimming**

## SUNDAY

- 09:00 - 18:30 ● **Public Swimming**  
9:00-15:00 Hourly sessions - starting on the hour, every hour. Bookable 10 mins prior to each session on a first-come, first-served basis.

## Leisure for Life Membership Card

Join today and start saving!

**Standard Membership**

**Junior & Concessions Membership**

**Corporate Membership**



**Available to all. No joining fee.**

**Visit any leisure centre as often as you like.**

Welcome to the Leisure for Life membership, which offers you inclusive access to gym, swimming, classes and indoor sports at **ALL** Council leisure centres.

You pay one price - with discounts depending on how you choose to pay.

**JOIN ONLINE NOW!**

[www.rctcbc.gov.uk/leisuremembership](http://www.rctcbc.gov.uk/leisuremembership)

Or via the **Leisure For Life APP**

**DOWNLOAD IT NOW!**

