Classes and Activities 2019

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+)

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Gym  |  Spin Studio  |  Main Hall  |  Squash Courts  |  Conference Bar
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Conference Suite  |  Main Pool  |  Small Pool  |  Level 4 Hall
**SATURDAY**

07:15 - 08:00  🟦  Spinning
08:15 - 09:00  🔴  BodyPump (Les Mills)
09:30 - 10:30  🔴  Junior Squash Beginners  
               (Ages 7+)
09:30 - 10:30  🔴  OMNIA
10:00 - 11:00  🔴  Junior Squash Intermediate  
               (Ages 7+)
10:30 - 12:00  🔴  Junior Squash Advanced  
               (Ages 7+)

**SUNDAY**

09:30 - 10:30  🔴  Junior Squash Beginners  
               (Ages 7+)
10:00 - 11:00  🔴  BodyBalance (Les Mills)
10:00 - 11:00  🔴  Junior Squash Intermediate  
               (Ages 7+)
10:30 - 12:00  🔴  Junior Squash Advanced  
               (Ages 7+)
16:45 - 17:30  🟦  Spinning
17:30 - 18:30  ☢️  Circuits
19:00 - 20:00  ☢️  Legs, Bums & Tums

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

- Splash Stars
- Llantrisant Badminton Club
- Llantrisant Netball Club
- Sub Aqua Club
- Llantrisant Squash Club
- Tae Kwon Do (Tony Wilcox)
- 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
- Ospreys Wheelchair Rugby
- 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)
- Kombat Jujitsu
- Slimming World
- TJs Roller Skating
- Rugby Tots
- WCKA Karate

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**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.

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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.

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**LLANTRISANT LEISURE CENTRE**  
Southgate Park, Llantrisant CF72 8DJ  
☎️ 01443 224616  
01443 228538
2019 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 - 18:10 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
12:30 - 14:00 Public 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
2019 Swimming Pool Programme Small Pool

MONDAY
15:00 - 19:00 Public Swimming
16:30 - 18:00: Limited access due to swimming lessons

TUESDAY
10:00 - 12:00 Public Swimming
12:15 - 14:15 Baby & Toddler Swimming Lessons
14:30 - 15:15 Sing, Splash, Learn
15:15 - 16:00 Sing, Splash, Learn
16:20 - 18:35 Baby & Toddler Swimming Lessons

WEDNESDAY
15:00 - 15:45 Public Swimming
15:45 - 17:55 Baby & Toddler Swimming Lessons

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
Or via the Leisure For Life APP

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