



YOU ARE WELCOME TO COMMUNICATE WITH US IN WELSH

☎ 01443 201722 / 201721

LLANTWIT FARDRE LEISURE CENTRE

www.rctcbc.gov.uk/LlantwitFardreLeisureCentre

Classes and Activities

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

MONDAY

- 11:00 - 11:55 ● **Low Intensity Circuits**
- 14:00 - 15:55 ● **Evergreens Keepfit**
- 18:00 - 18:55 ● **Body Blast**
- 19:00 - 19:55 ● **Zumba**

TUESDAY

- 19:00 - 19:55 ● **Pilates**

WEDNESDAY

- 11:00 - 11:55 ● **Low Intensity Circuits**
- 19:00 - 19:55 ● **Circuits**

THURSDAY

- 19:00 - 19:55 ● **Boxercise**

FRIDAY

- 11:00 - 11:55 ● **Low Intensity Circuits**
- 18:00 - 18:55 ● **Circuits**

SATURDAY

- 10:00 - 10:55 ● **Circuits**

SUNDAY

- 18:00 - 18:55 ● **Circuits**

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.

GYM OPENING TIMES:

Monday - Wednesday	9:30 - 21:00
Thursday	15:00 - 21:00
Friday	9:30 - 12:00 + 16:00 - 21:00
Saturday	10:00 - 17:00
Sunday	9:00 - 20:00

LAST ENTRY: One hour before centre closes

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, enquiring at reception or via the **Leisure For Life APP**.

Central Park, Church Village
CF38 1RJ

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49705-47 November 2019



● Main Hall

2019 FROM **DECEMBER**

Find us on Facebook

PRE-BOOKING CLASSES IS ADVISABLE ☎ 01443 201722

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