**Classes and Activities**

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

**MONDAY**
- 08:30 - 09:15: Public Swimming
- 09:15 - 10:15: Pilates
- 10:30 - 11:30: Spinfit
- 12:00 - 12:30: Public Swimming
- 15:00 - 16:30: Spinfit
- 16:30 - 19:00: Junior Learn to Swim
- 18:00 - 19:00: Legs, Bums & Tums
- 19:00 - 20:00: Pilates
- 19:00 - 20:00: Kettlebox

**TUESDAY**
- 08:30 - 15:45: Public Swimming & Aquagym
- 08:30 - 15:30: Aquagym
- 19:15 - 20:00: Spinning

**WEDNESDAY**
- 08:30 - 08:15: Public Swimming
- 09:30 - 10:15: Spinning
- 12:00 - 12:30: Public Swimming
- 15:00 - 20:00: Public Swimming & Aquagym
- 18:00 - 19:00: Body Blast
- 19:00 - 20:00: Pilates

**THURSDAY**
- 08:30 - 16:00: Public Swimming & Aquagym
- 08:30 - 16:00: Aquagym
- 18:00 - 18:45: Spinning

**FRIDAY**
- 08:30 - 12:00: Public Swimming & Aquagym
- 09:30 - 10:15: Spinning
- 10:30 - 11:30: Legs, Bums & Tums
- 16:00 - 17:00: Public Swimming & Aquagym

**SATURDAY**
- 09:00 - 16:00: Public Swimming & Aquagym
- 09:00 - 16:00: Aquagym
- 09:15 - 10:15: Zumba
- 10:30 - 11:30: Junior Learn to Swim
- 12:00 - 14:00: Family Paddle Boats
- 12:00 - 17:00: Public Swimming & Aquagym
- 14:00 - 17:00: Aquagym

**SUNDAY**
- 09:00 - 17:00: Public Swimming & Aquagym
- 09:00 - 17:00: Aquagym
This centre also hosts external classes and club activities:
• Rhondda Lifeguard Club
• Tonyrefail Tigers Basketball Club
• Llantrisant Sharks Swimming Club
• RSD Dance
• Tonyrefail Boys / Girls Clubs
• Stars
• Shotokan Karate

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.

Health Suite Opening Times
Monday 08:30 - 20:00
Tuesday 08:30 - 20:00
Wednesday 08:30 - 20:00
Thursday 08:30 - 20:00
Friday 08:30 - 12:00 & 16:00 - 20:00
Saturday 09:00 - 17:00
Sunday 09:00 - 17:00

Health Suite includes: Sauna / Steamroom / Spa Bath / Shower & Changing facilities.
Please remember to show your membership card to reception before using the facilities.

Leisure for Life Membership Card
Join today and start saving!

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.

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

Tonyrefail LC Time Table DEC 2019.qxp_Layer 2 25/11/2019 10:25 Page 2