



RHONDDA FACH LEISURE CENTRE

NERS More Active Circuit	Tuesday	14:30-15:30
NERS More Active Circuit	Thursday	14:30-15:30

LLANTRISANT LEISURE CENTRE

NERS More Active Circuit	Monday	9:30-10:30
NERS More Active Strength	Monday	10:45-11:45
NERS More Active Strength	Monday	12:30--13:30
NERS More Active Circuit	Tuesday	12:30--13:30
NERS More Active Strength	Tuesday	13:30-14:30
NERS More Active Circuit	Thursday	12:30--13:30
NERS More Active Strength	Thursday	13:30-14:30
NERS More Active Circuit	Friday	09:30-10:30
NERS More Active Strength	Friday	10:45-11:45
NERS More Active Strength	Friday	12:30--13:30

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SOBELL LEISURE CENTRE

NERS More Active Circuit	Monday	9:30-10:30
NERS More Active Strength	Monday	11:00-12:00
NERS More Active Strength	Monday	13:30-14:30
NERS More Active Strength	Tuesday	10:00-11:00
NERS More Active Circuit	Tuesday	11:30-12:30
NERS More Active Circuit	Tuesday	11:30-12:30
NERS More Active Circuit	Thursday	09:30-10:30
NERS More Active Strength	Thursday	11:00-12:00
NERS More Active Strength	Thursday	13:30-14:30
Marauders Mens Sports session	Friday	10:00-11:00
NERS More Active Circuit	Friday	11:30-12:30

LLANTWIT FARDRE LEISURE CENTRE

NERS More Active Strength	Monday	13:15-14:00
NERS More Active Strength	Thursday	13:15-14:00



RHONDDA SPORT CENTRE

NERS More Active Circuit	Monday	9:30-10:30
NERS More Active Strength	Monday	10:30-11:30
NERS More Active Circuit	Tuesday	9:30-10:30
NERS More Active Strength	Tuesday	10:30-11:30
NERS More Active Circuit	Thursday	9:45-10:45
NERS More Active Strength	Thursday	10:45-11:45
NERS More Active Circuit	Friday	09:30-10:30
NERS More Active Strength	Friday	10:30-11:30

ABERCYNON SPORT CENTRE

NERS More Active Circuit	Monday	9:30-10:30
NERS More Active Strength	Monday	10:30-11:30
NERS More Active Circuit	Thursday	9:30-10:30
NERS More Active Strength	Thursday	10:30-11:30

HAWTHORN LEISURE CENTRE

NERS More Active Circuit	Tuesday	12:30-13:30
NERS More Active Strength	Tuesday	13:30-14:30
NERS More Active Circuit	Friday	12:30-13:30
NERS More Active Strength	Friday	13:30-14:30

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