



RHONDDA FACH LEISURE CENTRE

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| NERS Circuit Class | Monday | 9:30-10:30 |
| NERS Strength and Balance | Monday | 11:00-12:00 |
| NERS Circuit Class | Friday | 9:30-10:30 |
| NERS Strength and Balance | Friday | 11:00-12:00 |

LLANTRISANT LEISURE CENTRE

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|---------------------------|----------|-------------|
| NERS Gym Session | Monday | 9:30-10:30 |
| NERS Circuit Class | Monday | 12:30-13:30 |
| NERS Strength and Balance | Tuesday | 12:00-13:00 |
| NERS Circuit Class | Tuesday | 13:00-14:00 |
| NERS Gym Session | Thursday | 9:30-10:30 |
| NERS Circuit Class | Thursday | 10:45-11:45 |
| NERS Strength and Balance | Thursday | 12:00-13:00 |
| NERS Circuit Class | Thursday | 13:00-14:00 |

MAY 2025

SOBELL LEISURE CENTRE

| | | |
|---------------------------|----------|-------------|
| NERS Circuit Class | Monday | 9:30-10:30 |
| NERS Strength and Balance | Monday | 11:00-12:00 |
| NERS Circuit Class | Tuesday | 9:30-10:30 |
| NERS Strength and Balance | Tuesday | 11:00-12:00 |
| NERS Circuit Class | Thursday | 9:30-10:30 |
| NERS Strength and Balance | Thursday | 11:00-12:00 |
| NERS Circuit Class | Friday | 9:30-10:30 |
| NERS Strength and Balance | Friday | 11:00-12:00 |

RHONDDA SPORT CENTRE

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| NERS Circuit Class | Tuesday | 9:15-10:15 |
| NERS Strength and Balance | Tuesday | 10:30-11:30 |
| NERS Gym Session | Tuesday | 13:00-14:00 |
| NERS Gym Session | Thursday | 13:00-14:00 |
| NERS Circuit Class | Friday | 9:15-10:15 |
| NERS Strength and Balance | Friday | 10:30-11:30 |