



RHONDDA FACH LEISURE CENTRE

Gym session (taster)	Monday	9:30-11:30
Level 2 Circuit Class	Wednesday	9:30-10:30
Strength and Balance (Level 2)	Wednesday	11:00-12:00
Level 2 Circuit Class	Friday	9:30-10:30
Strength and Balance (Level 2)	Friday	11:00-12:00

LLANTRISANT LEISURE CENTRE

Strength and Balance Circuit Class	Tuesday	12:00-13:00
Gym session	Tuesday	13:30-15:00
Gym session	Tuesday	18:00-19:00
Strength and Balance Circuit Class	Wednesday	14:30-15:30
Level 2 Circuit Class/Gym session	Wednesday	15:30-16:30
Strength and Balance Circuit Class	Thursday	12:00-13:00
Gym session	Thursday	13:30-15:00
Gym session	Thursday	18:00-19:00
Strength and Balance Circuit Class	Friday	14:30-15:30
Level 2 Circuit Class/Gym session	Friday	15:30-16:30

ABERCYNON SPORTS CENTRE

Level 2 Circuit Class	Tuesday	9:30-10:30
Strength and Balance (Level 2)	Tuesday	11:00-12:00
Gym session (taster)	Tuesday	12:30-13:30
Level 2 Circuit Class	Thursday	9:30-10:30
Strength and Balance (Level 2)	Thursday	11:00-12:00
Gym session (taster)	Thursday	12:30-13:30

LLYS CADWYN, PONTYPRIDD

NERS Gym session	Tuesday	13:00-14:00
NERS Gym session	Thursday	13:00-14:00

SOBELL LEISURE CENTRE

Level 2 Circuit Class	Monday	12:30-13:30
Strength and Balance (Level 2)	Monday	14:00-15:00
Gym session	Monday	18:00-19:00
Gym session	Wednesday	18:00-19:00
Strength and Balance (Level 2)	Friday	9:30-10:30
Level 2 Circuit Class	Friday	11:00-12:00