



RHONDDA FACH LEISURE CENTRE

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

RHONDDA SPORT CENTRE

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

LLANTRISANT LEISURE CENTRE

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

ABERCYNON SPORTS CENTRE

NERS Gym Session	Monday	12:30-14:00
NERS Gym Session	Friday	12:30-14:00

SOBELL LEISURE CENTRE

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