

Canolfan Hamdden David Hughes

David Hughes Leisure Centre



CYNGOR SIR
YNYS MÔN
ISLE OF ANGLESEY
COUNTY COUNCIL

Tu ôl i Ysgol David Hughes, Porthaethwy
Behind David Hughes High School, Menai Bridge



Fitness Classes

Monday

19.30 - 21.00

Aikido

Tuesday

18.30 - 19.30

Able Strengthen and Tone

19.00 - 21.00

Menai Bridge Keep Fit Club

Wednesday

18.00 - 19.00

Netball session

18.00 - 19.00

Spinning Class

18.00 - 19.00

Karate (ages 5+)

19.00 - 20.00

Karate (ages 11+)

Thursday

18.30 - 19.30

Able Power

19.35 - 20.35

Able Hi/Lo and Tone

Friday

17.00 - 18.00

Children's Tennis (4 - 9yrs)

18.00 - 19.00

Children's Tennis (9 - 13 yrs)



Tel

01248 715653

Prices and times are subject to occasional changes, please check with reception