

Fitness Suite Opening Times

Monday

7.15am - 10.00pm Mixed

Tuesday

7.15am - 10.30am Mixed 10.30am - 11.30am Ladies Only

11.30 - 10.00pm Mixed

Wednesday

7.15am - 10.00pm Mixed

Thursday

7.15am - 10.30am Mixed 10.30am - 11.30am Ladies Only

11.30am - 10.00pm Mixed

Friday

7.15am - 6.30pm Mixed

Saturday & Sunday

9.00am - 4.30pm Mixed

10:30am - 11:30am	BodyBlast (Woman Only)	Adult	£6.00
12:30pm - 1:15pm	Kettlebells (Bookable)	Adult	£6.40
5:45pm - 6:30pm	Spintone (Bookable)	Adult	£6.40
6:30pm - 7:00pm	Strength & Conditioning	Adult	£6.00
7:30pm - 8:00pm	Boxmaster® (Bookable)	Adult	£6.40

Friday

7:15am - 7:45am	OMNIA™ (Bookable)	Adult	£6.00
9:30am - 10:00am	Boxmaster® (Women Only)	Adult	£6.40
10:00am - 10:30am	Boxmaster® (Women Only)	Adult	£6.40
11:00am - 12:00pm	Strength & Balance (L)	Adult	£6.00
12:45pm - 1:15pm	Boxmaster® (Bookable)	Adult	£6.40
4:30pm - 5:15pm	Spin (Bookable)	Adult	£6.40
5:30pm - 6:15pm	Spin (Women Only)	Adult	£6.40
5:30pm - 6:30pm	Yoga	Adult	£6.00

Saturday

10:00am - 10:30am	Boxmaster® (Bookable)	Adult	£6.40
10:30am - 11:15am	OMNIA™ (Bookable)	Adult	£6.00

Sunday

10:00am - 10:45am	Powermax	Adult	£6.00
10:45am - 11:30am	Cardio HITT	Adult	£6.40

Ladies only Gym

Open during all our opening hours

Active Group Fitness

Monday

10:00am - 11:00am	Bootcamp-Fitness	Adult	£6.00
12:30pm - 1:00pm	Boxmaster® (Bookable)	Adult	£6.40
1:00pm - 1:30pm	Boxmaster® (Bookable)	Adult	£6.40
5:45pm - 6:30pm	Spin (Bookable)	Adult	£6.40
5:45pm - 6:30pm	Legs, Bums & Tums (Women Only)	Adult	£6.00
6:30pm - 7:30pm	Pilates (L)	Adult	£6.00

Tuesday

9:30am - 10:30am	Bollywood Dance (Woman Only)	Adult	£6.00
10:30am - 11:15am	Spin (Women Only)	Adult	£6.40
12:30pm - 1:15pm	TRX® (Bookable)	Adult	£6.40
5:30pm - 6:15pm	Spin (Bookable)	Adult	£6.40
6:15pm - 7:00pm	Circuits	Adult	£6.00
7:00pm - 7:30pm	Boxmaster® (Bookable)	Adult	£6.40

Wednesday

9:30am - 10:30am	Yoga (Woman's Only)	Adult	£6.00
12:30pm - 1:15pm	Spin (Bookable)	Adult	£6.40
5:30pm - 6:30pm	TUF (Woman Only)	Adult	£6.00
5:45pm - 6:15pm	Boxmaster® (Bookable)	Adult	£6.40
6:15pm - 7:00pm	Kettlebells (Bookable)	Adult	£6.40
6:30pm - 7:15pm	Pilates (Women's Only)	Adult	£6.00

Thursday

9:30am - 10:30am	Aerotone (Woman only)	Adult	£6.00
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Active Teens

Monday

5:00pm - 5:45pm	Teen Circuits	11 - 16 yrs	£3.60
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Thursday

4:45pm - 5:15pm	Teen Circuits	11 - 16 yrs	£3.60
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Saturday

2:00pm - 3:00pm	Teenfit	14 - 16 yrs	£POA
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Active Kids

Monday

4:00pm - 5:00pm	Soccer School	Reception and year 1	£POA
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Thursday

4:00pm - 5:00pm	Soccer School	Year 2 & 3	£POA
5:00pm - 6:00pm	Soccer School	Year 4,5 & 6	£POA

Saturday

2:00pm - 4:00pm	Children's Birthday Parties	All Ages	£125.00
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Sunday

2:00pm - 4:00pm	Children's Birthday Parties	All Ages	£125.00
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Other Activities

Monday

2:00pm - 3:00pm Walking Football Adult £3.60

Wednesday

11:30am - 12:30pm Bowls 60+ Over 60's £3.60

Thursday

2:00pm - 3:00pm Walking Football Adult £3.60

Sunday

10:30am - 12:30pm Arabic for Children 6-15 yrs £POA

Ratios

We have **restrictions** on the **number of children** allowed into an activity at **any one time**. This may occasionally mean that we are **unable to admit your child to an activity**. We ask that you **do not leave your child/children** unless you are certain that they have been accepted onto the session.

We welcome children under the age of 5 years if they are accompanied at ALL TIMES by a parent, guardian, carer or responsible adult.

Birthday Parties

Ask at Reception for our Birthday Party packages & prices

Under 5 Years of Age

We welcome children under the age of 5 years if they are accompanied at all times by a parent, guardian, carer or a responsible adult.

If you would like further information or have any problems please speak to one of the facility staff.

Open Access

Cardiff Council recognises that children have the right to have access to good quality play and recreational opportunities, and is committed to taking positive steps to ensure that this is the case.

The activities are provided by qualified staff who will be organising a programme of activities as well as providing relevant materials and equipment.

3G AstroTurf

Enquire about hiring our new 5-a-side pitches.

We now have an Indoor and an Outdoor pitch which could be available for hire during our regular opening hours. Perfect for that kick-about with friends or for your club to enjoy regular training/coaching sessions.

Long term bookings from clubs who are members of the recognised governing body for their sport may even qualify for a discounted price* Casual bookings can be taken up to 7 days in advance, with payment on booking, by contacting the centre on 02920 378161.

For longer term bookings contact the Admin office, on the same number or complete a booking form and return it to us with all your details. You can also contact us via our website.

*subject to qualifying terms and conditions.

Rooms For Hire

Available for:

- Meetings, seminars, forums, focus groups
- Interviews, discussions, training
- Presentations, demonstrations, public information

We can provide:

- Theatre style seating for up to 100
- A variety of other layouts with tables & chairs
- Screen for presentations/Flipchart
- Light refreshments i.e. tea, coffee, biscuits, juice
- Parking
- Vending drink & snack options

Contact us on our website or by telephone to the Admin office with your requirements and we will forward a booking enquiry form and our terms and conditions. Your booking can then be tailored to your needs.

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