

exercise class programme

Maldwyn Leisure Centre

Accurate as of 03/05/2024

Times for Friday 30 July



Time	Session	Facility	Type
6:15 am - 7:00 am	Seiclo dan do / Indoor Cycling	Stiwidio--Studio	Cardio / Calorie burning
9:15 am - 10:15 am	Seiclo dan do / Indoor Cycling	Stiwidio--Studio	Cardio / Calorie burning
9:15 am - 10:15 am	AAA (Ystafell Ffitrwydd / Gym)	Campfa--Gym	Strength / Toning
10:30 am - 11:15 am	AAA (Stiwidio / Studio)	Stiwidio--Studio	Strength / Toning
5:00 pm - 5:45 pm	Seiclo dan do / Indoor Cycling	Stiwidio--Studio	Cardio / Calorie burning
6:00 pm - 6:45 pm	Kettlercise	Stiwidio--Studio	Cardio / Calorie burning