

exercise class programme

Maldwyn Leisure Centre

Accurate as of 27/04/2024

Times for Tuesday 3 August



Time	Session	Facility	Type
9:00 am - 10:00 am	Seiclo dan do / Indoor Cycling	Stiwedio--Studio	Cardio / Calorie burning
9:15 am - 10:15 am	AAA (Ystafell Ffitrwydd / Gym)	Campfa--Gym	Strength / Toning