

exercise class programme

Maldwyn Leisure Centre

Accurate as of 23/04/2024

Times for Wednesday 4 August



Time	Session	Facility	Type
6:15 am - 7:00 am	Seiclo dan do / Indoor Cycling	Stiwedio--Studio	Cardio / Calorie burning
9:00 am - 10:00 am	Seiclo dan do / Indoor Cycling	Stiwedio--Studio	Cardio / Calorie burning
7:00 pm - 8:00 pm	Seiclo dan do / Indoor Cycling	Stiwedio--Studio	Cardio / Calorie burning