

exercise class programme

Maldwyn Leisure Centre

Accurate as of 03/05/2024

Times for Thursday 5 August



Time	Session	Facility	Type
6:15 pm - 7:00 pm	Cyflyru'r Corff Cyfan / Total Body Conditioning	Stiwidio-- Studio	Strength / Toning
8:00 pm - 9:00 pm	Boxercise / Boxercise	Stiwidio-- Studio	Cardio / Calorie burning