

# exercise class programme

## Maldwyn Leisure Centre

Accurate as of 17/05/2024

### Times for Monday 15 April



Time	Session	Facility	Type
12:15 pm - 1:00 pm	Vibe Cycle	Stiwdio--Studio	Cardio / Calorie burning
1:15 pm - 2:00 pm	Ymestyn y Corff Cyfan / Pure Stretch	Neuadd Chwaraeon--Sports Hall	Mind Body Training
2:15 pm - 3:00 pm	Erobeg yn y D_r / Aqua Aerobics	Pwll Nofio--Swimming Pool	Water Exercise
5:30 pm - 6:15 pm	Vibe Cycle	Stiwdio--Studio	Cardio / Calorie burning
6:15 pm - 7:00 pm	Kettlercise	Stiwdio--Studio	Cardio / Calorie burning
7:15 pm - 8:00 pm	Seiclo dan do / Indoor Cycling	Stiwdio--Studio	Cardio / Calorie burning
8:15 pm - 8:45 pm	Boogie Bounce	Stiwdio--Studio	Cardio / Calorie burning