

exercise class programme

Maldwyn Leisure Centre

Accurate as of 17/05/2024

Times for Tuesday 16 April



| Time | Session | Facility | Type |
|--------------------|---|------------------|--------------------------|
| 9:00 am - 10:00 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 |
| 4:00 pm - 5:00 pm | Junior Fitness | Campfa--Gym | Cardio / Calorie burning |
| 5:00 pm - 5:30 pm | Boogie Bounce / Boogie Bounce | Stiwdio--Studio | Cardio / Calorie burning |
| 5:30 pm - 6:15 pm | Seiclo dan do / Indoor Cycling | Stiwdio--Studio | Cardio / Calorie burning |
| 6:00 pm - 6:30 pm | Ignite Conditioning / Ignite Conditioning | Campfa--Gym | Strength / Toning |
| 6:15 pm - 7:00 pm | Ymestyn y Corff Cyfan / Pure Stretch | Stiwdio--Studio | Mind Body Training |
| 6:30 pm - 7:00 pm | Ignite Conditioning / Ignite Conditioning | Campfa--Gym | Strength / Toning |
| 7:15 pm - 8:00 pm | Vibe Cycle | Stiwdio--Studio | Cardio / Calorie burning |