

# exercise class programme

## Maldwyn Leisure Centre

Accurate as of 17/05/2024

### Times for Wednesday 17 April



Time	Session	Facility	Type
6:15 am - 7:00 am	Seiclo dan do / Indoor Cycling	Stiwidio--Studio	Cardio / Calorie burning
9:00 am - 10:00 am	Seiclo dan do / Indoor Cycling	Stiwdio--Studio	Cardio / Calorie burning
6:30 pm - 7:15 pm	Erobeg yn y D_r / Aqua Aerobics	Pwll Nofio--Swimming Pool	Water Exercise
7:00 pm - 8:00 pm	Seiclo dan do / Indoor Cycling	Stiwdio--Studio	Cardio / Calorie burning
8:05 pm - 9:05 pm	Kettlercise	Stiwdio--Studio	Cardio / Calorie burning