

exercise class programme

Maldwyn Leisure Centre

Accurate as of 17/05/2024

Times for Thursday 18 April



Time	Session	Facility	Type
9:15 am - 10:15 am	AAA (Cylched / Circuits)	Neuadd Chwaraeon--Sports Hall	Strength / Toning
6:15 pm - 7:00 pm	Cyflyru'r Corff Cyfan / Total Body Conditioning	Stiwidio--Studio	Strength / Toning
7:15 pm - 8:00 pm	Seiclo dan do / Indoor Cycling	Stiwidio--Studio	Cardio / Calorie burning
8:00 pm - 9:00 pm	Boxercise / Boxercise	Stiwidio--Studio	Cardio / Calorie burning
8:30 pm - 9:30 pm	Nofio Ffitrwydd i Oedolion / Adult Fit Swim	Pwll Nofio--Swimming Pool	Water Exercise