

exercise class programme

Maldwyn Leisure Centre

Accurate as of 03/05/2024

Times for Tuesday 23 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