

exercise class programme

Maldwyn Leisure Centre

Accurate as of 26/09/2026

Times for Monday 28 September



Time	Session	Facility	Type
11:40 am - 1:00 pm	Pickleball / Pickleball	Neuadd Chwaraeon--Sports Hall	Cardio / Calorie burning
2:15 pm - 3:00 pm	Erobeg yn y D_r / Aqua Aerobics	Pwll Nofio--Swimming Pool	Water Exercise