

exercise class programme

Maldwyn Leisure Centre

Accurate as of 26/09/2026

Times for Tuesday 29 September			
Time	Session	Facility	Type
9:00 am - 10:00 am	Seiclo dan do / Indoor Cycling	Stiwdio--Studio	Cardio / Calorie burning
9:15 am - 10:15 am	AAA 50+ (Ystafell Ffitrwydd / Gym)	Campfa--Gym	Strength / Toning