

exercise class programme

Maldwyn Leisure Centre

Accurate as of 26/09/2026

Times for Wednesday 30 September



Time	Session	Facility	Type
9:00 am - 10:00 am	Seiclo dan do / Indoor Cycling	Stiwdio--Studio	Cardio / Calorie burning
11:00 am - 12:00 pm	AAA 50+ Pickleball	Neuadd Chwaraeon--Sports Hall	Cardio / Calorie burning
6:15 pm - 7:00 pm	Cylchedau / Circuits	Stiwdio--Studio	Strength / Toning
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
7:45 pm - 9:15 pm	Pickleball / Pickleball	Neuadd Chwaraeon--Sports Hall	Cardio / Calorie burning
8:05 pm - 9:05 pm	Kettlercise	Stiwdio--Studio	Cardio / Calorie burning