

exercise class programme

Maldwyn Leisure Centre

Accurate as of 26/09/2026

Times for Thursday 1 October



Time	Session	Facility	Type
9:15 am - 10:15 am	AAA 50+ (Cylched / Circuits)	Neuadd Chwaraeon--Sports Hall	Strength / Toning
10:30 am - 11:15 am	Zumba / Zumba	Stiwdio--Studio	Cardio / Calorie burning
6:00 pm - 6:45 pm	Freedom Pump	Stiwdio--Studio	Strength / Toning
7:00 pm - 7:45 pm	Seiclo dan do / Indoor Cycling	Stiwdio--Studio	Cardio / Calorie burning
8:00 pm - 9:00 pm	Box Fit	Stiwdio--Studio	Cardio / Calorie burning