

exercise class programme

Maldwyn Leisure Centre

Accurate as of 26/09/2026

Times for Friday 2 October



Time	Session	Facility	Type
9:15 am - 10:15 am	Seiclo dan do / Indoor Cycling	Stiwdio--Studio	Cardio / Calorie burning
10:30 am - 11:15 am	AAA 50+ (Stiwdio / Studio)	Stiwdio--Studio	Strength / Toning
5:00 pm - 5:45 pm	Seiclo dan do / Indoor Cycling	Stiwdio--Studio	Cardio / Calorie burning
6:00 pm - 6:45 pm	Kettlercise	Stiwdio--Studio	Cardio / Calorie burning