

exercise class programme

Morrison Leisure Centre

Accurate as of 28/04/2024

Times for Tuesday 7 December



Time	Session	Facility	Level
9:10 am - 9:55 am	Dance Fitness	Campfa / Gymnasium	
10:15 am - 11:00 am	Freedom Indoor Cycling	Stiwdio A / Studio A	
6:00 pm - 6:45 pm	Step Aerobics / Camu Lan	Neuadd chwaraeon / Sports Hall	
6:55 pm - 7:40 pm	Pilates	Neuadd chwaraeon / Sports Hall	