# exercise class programme

## Morriston Leisure Centre

**Accurate as of 12/10/2024**

### Times for Saturday 11 December

| Time | Session | Facility | Level |
|---|---|---|---|
| 8:15 am -  9:15 am | Freedom Indoor Cycling | Stiwdio A / Studio A | |
| 9:25 am - 10:25 am | Cylchedau / Circuits | Stiwdio B / Studio B | |
| 10:25 am - 11:20 am | Pilates | Stiwdio B / Studio B | |