

exercise class programme

Morrison Leisure Centre

Accurate as of 06/05/2024

Times for Thursday 16 December



Time	Session	Facility	Level
9:15 am - 10:00 am	Dance Fitness	Stiwdio B / Studio B	
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	