

exercise class programme

Morrison Leisure Centre

Accurate as of 03/05/2024

Times for Saturday 18 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	