

exercise class programme

Morrison Leisure Centre

Accurate as of 17/05/2024

Times for Sunday 19 December

Time	Session	Facility	Level
8:15 am - 9:15 am	Freedom Indoor Cycling	Neuadd chwaraeon / Sports Hall	
9:25 am - 10:25 am	Legs, Bums & Tums	Stiwdio B / Studio B	