

exercise class programme

Morrison Leisure Centre

Accurate as of 20/05/2024

Times for Tuesday 23 April



Time	Session	Facility	Level
6:15 am - 7:00 am	HIIT Indoor Cycle	Stiwdio A / Studio A	
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	
6:00 pm - 7:00 pm	Yoga	Stiwdio B / Studio B	
6:55 pm - 7:40 pm	Pilates	Neuadd chwaraeon / Sports Hall	
7:15 pm - 8:00 pm	Aqua Aerobics	Pwll / Pool	