

exercise class programme

Morryston Leisure Centre

Accurate as of 20/05/2024

Times for Thursday 25 April



| Time | Session | Facility | Level |
|---------------------|--------------------------|--------------------------------|-------|
| 9:15 am - 10:00 am | Dance Fitness | Stiwdio B / Studio B | |
| 10:10 am - 10:55 am | Cardio Tone | Stiwdio B / Studio B | |
| 5:00 pm - 6:00 pm | Freedom Indoor Cycling | Stiwdio A / Studio A | |
| 6:00 pm - 6:45 pm | Step Aerobics / Camu Lan | Neuadd chwaraeon / Sports Hall | |
| 6:15 pm - 7:15 pm | Freedom Pump | Stiwdio B / Studio B | |
| 6:55 pm - 7:40 pm | Pilates | Neuadd chwaraeon / Sports Hall | |
| 7:15 pm - 8:15 pm | Yoga | Stiwdio B / Studio B | |