

exercise class programme

Morryston Leisure Centre

Accurate as of 09/05/2024

Times for Tuesday 30 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 | |