

exercise class programme

Morrison Leisure Centre

Accurate as of 09/05/2024

Times for Wednesday 1 May



Time	Session	Facility	Level
7:45 am - 8:30 am	Aqua Aerobics	Pwll / Pool	
8:30 am - 9:15 am	Pilates	Stiwidio B / Studio B	
9:20 am - 10:05 am	Total Body Workout	Stiwidio B / Studio B	
10:10 am - 11:10 am	Gentle Circuits	Stiwidio B / Studio B	
11:30 am - 12:15 pm	Pilates	Stiwidio B / Studio B	
5:15 pm - 6:00 pm	Freedom Indoor Cycling	Stiwidio A / Studio A	
6:05 pm - 6:55 pm	Zumba	Neuadd chwaraeon / Sports Hall	
7:00 pm - 7:45 pm	Functional Fitness	Stiwidio B / Studio B	
7:05 pm - 7:50 pm	Aqua Aerobics	Pwll / Pool	