

exercise class programme

Morrison Leisure Centre

Accurate as of 10/05/2024

Times for Thursday 2 May



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	