

exercise class programme

Morrison Leisure Centre

Accurate as of 20/05/2024

Times for Sunday 5 May



| Time | Session | Facility | Level |
|---------------------|------------------------|--------------------------------|-------|
| 8:15 am - 9:15 am | Freedom Indoor Cycling | Neuadd chwaraeon / Sports Hall | |
| 9:25 am - 10:25 am | Legs, Bums & Tums | Stiwidio B / Studio B | |
| 10:25 am - 11:20 am | Pilates | Stiwidio B / Studio B | |