

# Gym Timetable

## Maldwyn Leisure Centre

Accurate as of 01/05/2024

### Times for Wednesday 28 July



| Time               | Session  | Facility    | Level |
|--------------------|--|-------------|-------|
| 6:00 am - 12:00 pm | Sesiwn Gym / Gym Session   | Campfa--Gym |       |
| 12:00 pm - 1:00 pm | Cynllun Atgyfeirio Cleifion i Wneud Ymarfer Corff / National Exercise Referral Scheme (NERS) | Campfa--Gym |       |