

Gym Timetable

Maldwyn Leisure Centre

Accurate as of 28/04/2024

Times for Wednesday 22 June



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	
8:00 pm - 9:00 pm	Merched yn Unig / Ladies Only.	Campfa--Gym	
9:00 pm - 10:00 pm	Sesiwn Gym / Gym Session	Campfa--Gym	