

Gym Timetable

Maldwyn Leisure Centre

Accurate as of 27/04/2024

Times for Wednesday 29 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 | |