

# Gym Timetable

## Maldwyn Leisure Centre

Accurate as of 18/05/2024

### Times for Monday 22 April



Time	Session	Facility	Level
6:30 am - 10:30 am	Sesiwn Gym / Gym Session	Campfa--Gym	
10:30 am - 1:00 pm	Sesiwn preifat yn y Gampfa / Gym Private Hire	Campfa--Gym	
12:00 pm - 1:00 pm	Cynllun Atgyfeirio Cleifion i Wneud Ymarfer Corff / National Exercise Referral Scheme (NERS)	Campfa--Gym	
1:00 pm - 10:00 pm	Sesiwn Gym / Gym Session	Campfa--Gym	