

Fitness Timetable

Penlan Leisure Centre

Accurate as of 05/05/2024

Times for Tuesday 16 August



Time	Session	Facility	Level
6:05 am - 6:50 am	Freedom Indoor Cycling	Neuadd chwaraeon / Sports Hall	
9:00 am - 9:45 am	Zumba	Neuadd chwaraeon / Sports Hall	
10:00 am - 10:45 am	Aqua Aerobics	Pwll / Pool	
10:00 am - 10:45 am	Pilates	Neuadd chwaraeon / Sports Hall	
10:00 am - 10:55 am	Ioga / Yoga	Stiwidio A / Studio A	
11:00 am - 11:45 am	Gold Fitness	Stiwidio A / Studio A	
5:00 pm - 5:55 pm	Hatha Yoga	Stiwidio A / Studio A	
5:15 pm - 6:00 pm	Freedom Indoor Cycling	Neuadd chwaraeon / Sports Hall	
6:10 pm - 6:55 pm	TONE	Neuadd chwaraeon / Sports Hall	