

Fitness Timetable

Penlan Leisure Centre

Accurate as of 05/05/2024

Times for Thursday 18 August



Time	Session	Facility	Level
11:00 am - 11:55 am	Tai Chi	Stiwidio A / Studio A	
5:15 pm - 6:00 pm	Bounce Fit	Neuadd yr ysgol / School Hall	
6:05 pm - 6:50 pm	Freedom Indoor Cycling	Stiwidio A / Studio A	
7:00 pm - 7:45 pm	Freedom Step	Neuadd chwaraeon / Sports Hall	
8:15 pm - 9:00 pm	Aqua Zumba	Pwll / Pool	