

Fitness Timetable

Penlan Leisure Centre

Accurate as of 23/04/2024

Times for Saturday 20 April



Time	Session	Facility	Level
8:10 am - 8:50 am	Freedom Bootcamp	Neuadd chwaraeon / Sports Hall	
9:00 am - 9:45 am	Bounce Fit	Neuadd yr ysgol / School Hall	
9:05 am - 9:50 am	Freedom Indoor Cycling	Neuadd chwaraeon / Sports Hall	
10:00 am - 10:45 am	Freedom Dance	Neuadd chwaraeon / Sports Hall	