

Fitness Timetable

Penlan Leisure Centre

Accurate as of 03/05/2024

Times for Sunday 21 April



Time	Session	Facility	Level
10:00 am - 10:45 am	Freedom Indoor Cycling	Stiwdio A / Studio A	
10:00 am - 11:00 am	Pilates	Stiwdio A / Studio A	
5:15 pm - 6:00 pm	Zumba	Neuadd chwaraeon / Sports Hall	
6:15 pm - 7:00 pm	Aqua Zumba	Pwll / Pool	
7:00 pm - 8:00 pm	Ioga / Yoga	Stiwdio A / Studio A	