

Fitness Timetable

Penlan Leisure Centre

Accurate as of 03/05/2024

Times for Monday 22 April



Time	Session	Facility	Level
6:05 am - 6:50 am	Freedom Bootcamp	Neuadd chwaraeon / Sports Hall	
8:00 am - 8:45 am	Pilates	Neuadd chwaraeon / Sports Hall	
9:00 am - 9:45 am	Aerobics	Neuadd chwaraeon / Sports Hall	
10:00 am - 10:45 am	Aqua Aerobics	Pwll / Pool	
5:00 pm - 5:55 pm	Ioga / Yoga	Stiwidio A / Studio A	
5:15 pm - 6:00 pm	HIIT Indoor Cycle	Stiwidio A / Studio A	
6:05 pm - 6:50 pm	Tabata	Neuadd chwaraeon / Sports Hall	
7:05 pm - 7:50 pm	Zumba	Neuadd chwaraeon / Sports Hall	