

Fitness Timetable

Penlan Leisure Centre

Accurate as of 04/05/2024

Times for Wednesday 24 April



Time	Session	Facility	Level
6:05 am - 6:50 am	Freedom Bootcamp	Neuadd chwaraeon / Sports Hall	
9:00 am - 9:45 am	Freedom Step	Neuadd chwaraeon / Sports Hall	
10:00 am - 10:45 am	Aqua Aerobics	Pwll / Pool	
10:00 am - 10:45 am	Gold Fitness	Neuadd chwaraeon / Sports Hall	
10:00 am - 11:00 am	Hatha Yoga	Stiwidio A / Studio A	
6:00 pm - 6:45 pm	Freedom Indoor Cycling	Stiwidio A / Studio A	
6:00 pm - 6:55 pm	Ioga / Yoga	Stiwidio A / Studio A	
6:05 pm - 6:50 pm	HIIT	Neuadd chwaraeon / Sports Hall	
7:00 pm - 7:55 pm	Ioga / Yoga	Stiwidio A / Studio A	
7:05 pm - 7:50 pm	Legs, Bums & Tums	Neuadd chwaraeon / Sports Hall	