

Fitness Timetable

Penlan Leisure Centre

Accurate as of 03/05/2024

Times for Thursday 25 April



Time	Session	Facility	Level
9:15 am - 10:00 am	Freedom Dance	Neuadd chwaraeon / Sports Hall	
10:05 am - 10:50 am	Freedom Step	Neuadd chwaraeon / Sports Hall	
10:05 am - 11:00 am	Ioga / Yoga	Stiwidio A / Studio A	
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	
6:00 pm - 6:55 pm	Ioga / Yoga	Stiwidio A / Studio A	
6:05 pm - 6:50 pm	Freedom Indoor Cycling	Stiwidio A / Studio A	
6:05 pm - 6:50 pm	Freedom Dance	Neuadd chwaraeon / Sports Hall	
7:00 pm - 7:45 pm	Freedom Step	Neuadd chwaraeon / Sports Hall	
7:00 pm - 7:55 pm	Ioga / Yoga	Stiwidio A / Studio A	
8:15 pm - 9:00 pm	Aqua Zumba	Pwll / Pool	