

exercise class programme

Maldwyn Leisure Centre

Accurate as of 02/05/2024

Times for Friday 22 December



Time	Session	Facility	Type
9:15 am - 10:15 am	Seiclo dan do / Indoor Cycling	Stiwdio--Studio	Cardio / Calorie burning
9:30 am - 10:30 am	AAA (Stiwdio / Studio)	Stiwdio--Studio	Strength / Toning
10:45 am - 11:30 am	AAA (Stiwdio / Studio)	Stiwdio--Studio	Strength / Toning
5:00 pm - 5:45 pm	Seiclo dan do / Indoor Cycling	Stiwdio--Studio	Cardio / Calorie burning