

# exercise class programme

## Maldwyn Leisure Centre

Accurate as of 26/04/2024

### Times for Wednesday 21 March



Time	Session	Facility	Type
6:30 am - 7:15 am	Seiclo dan do / Indoor Cycling	Stiwdio--Studio	Cardio / Calorie burning
9:15 am - 10:00 am	Seiclo dan do / Indoor Cycling	Stiwdio--Studio	Cardio / Calorie burning
10:15 am - 11:00 am	Pure Stretch	Stiwdio--Studio	Mind Body Training
6:15 pm - 7:15 pm	Pilates	Stiwdio--Studio	Mind Body Training
6:30 pm - 7:15 pm	Erobeg yn y D_r / Aqua Aerobics	Pwll Nofio--Swimming Pool	Water Exercise
7:00 pm - 7:30 pm	Metafit	Stiwdio--Studio	Small Group Exercise Sessions
7:00 pm - 8:00 pm	Seiclo dan do / Indoor Cycling	Stiwdio--Studio	Cardio / Calorie burning
7:25 pm - 8:10 pm	Pure Stretch	Stiwdio--Studio	Mind Body Training
7:30 pm - 8:30 pm	POUND	Stiwdio--Studio	Cardio / Calorie burning
8:15 pm - 9:00 pm	Seiclo dan do / Indoor Cycling	Stiwdio--Studio	Cardio / Calorie burning