

exercise class programme

Maldwyn Leisure Centre

Accurate as of 30/04/2024

Times for Wednesday 19 September



| 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 |