

# exercise class programme

## Maldwyn Leisure Centre

Accurate as of 30/04/2024

### Times for Tuesday 11 December



Time	Session	Facility	Type
7:15 am - 7:45 am	Metafit	Stiwidio--Studio	Small Group Exercise Sessions
7:15 am - 7:45 am	Metafit	Stiwidio--Studio	Small Group Exercise Sessions
9:15 am - 10:00 am	Ffit a Chryf / Fit & Strong	Stiwidio--Studio	Strength / Toning
9:30 am - 10:30 am	AAA (Ystafell Ffitrwydd / Gym)	Campfa--Gym	Strength / Toning
5:45 pm - 6:30 pm	Pilates	Stiwidio--Studio	Mind Body Training
5:45 pm - 6:45 pm	Seiclo dan do / Indoor Cycling	Stiwidio--Studio	Cardio / Calorie burning
6:00 pm - 6:30 pm	Ignite Conditioning	Campfa--Gym	Strength / Toning
6:30 pm - 7:30 pm	Pilates	Stiwidio--Studio	Mind Body Training
6:45 pm - 7:15 pm	Ignite Conditioning	Campfa--Gym	Strength / Toning
7:00 pm - 8:00 pm	Seiclo dan do / Indoor Cycling	Stiwidio--Studio	Cardio / Calorie burning