

exercise class programme

Maldwyn Leisure Centre

Accurate as of 17/05/2025

Times for Saturday 15 December



Time	Session	Facility	Type
9:00 am - 10:00 am	Seiclo dan do / Indoor Cycling	Stiwidio--Studio	Cardio / Calorie burning
10:15 am - 11:00 am	POUND	Stiwidio--Studio	Cardio / Calorie burning