

# exercise class programme

## Maldwyn Leisure Centre

Accurate as of 26/04/2024

### Times for Monday 17 December



Time	Session	Facility	Type
9:15 am - 9:45 am	Ignite Core	Campfa--Gym	Strength / Toning
9:15 am - 9:45 am	Seiclo dan do / Indoor Cycling	Stiwdio--Studio	Cardio / Calorie burning
10:00 am - 10:45 am	Pure Stretch	Stiwdio--Studio	Mind Body Training
2:15 pm - 3:15 pm	Erobeg yn y D_r / Aqua Aerobics	Pwll Nofio--Swimming Pool	Water Exercise
5:45 pm - 6:45 pm	Seiclo dan do / Indoor Cycling	Stiwdio--Studio	Cardio / Calorie burning
6:00 pm - 6:30 pm	Ignite Conditioning	Campfa--Gym	Strength / Toning
6:20 pm - 7:00 pm	Fitball	Stiwdio--Studio	Strength / Toning
6:45 pm - 7:15 pm	Ignite Core	Stiwdio--Studio	Strength / Toning
7:00 pm - 8:00 pm	Seiclo dan do / Indoor Cycling	Stiwdio--Studio	Cardio / Calorie burning
7:15 pm - 8:00 pm	POUND	Stiwdio--Studio	Cardio / Calorie burning
8:15 pm - 9:00 pm	Body Pump	Stiwdio--Studio	Strength / Toning