

exercise class programme

Maldwyn Leisure Centre

Accurate as of 23/04/2024

Times for Thursday 20 December



Time	Session	Facility	Type
9:30 am - 10:30 am	AAA (Cylched / Circuits)	Stiwdio--Studio	Strength / Toning
5:45 pm - 6:45 pm	Seiclo dan do / Indoor Cycling	Stiwdio--Studio	Cardio / Calorie burning
6:00 pm - 6:45 pm	Powerhoop	Stiwdio--Studio	Strength / Toning
6:15 pm - 6:45 pm	Ignite Conditioning	Campfa--Gym	Strength / Toning
7:00 pm - 7:45 pm	Total Body Conditioning	Stiwdio--Studio	Strength / Toning
7:00 pm - 8:00 pm	Seiclo dan do / Indoor Cycling	Stiwdio--Studio	Cardio / Calorie burning
8:00 pm - 9:00 pm	Boxercise	Stiwdio--Studio	Strength / Toning