

# exercise class programme

## Maldwyn Leisure Centre

Accurate as of 19/04/2024

### Times for Friday 21 December



Time	Session	Facility	Type
6:30 am - 7:15 am	Seiclo dan do / Indoor Cycling	Stiwdio--Studio	Cardio / Calorie burning
7:30 am - 8:00 am	Metafit	Stiwdio--Studio	Small Group Exercise Sessions
9:15 am - 10:15 am	Seiclo dan do / Indoor Cycling	Stiwdio--Studio	Cardio / Calorie burning
9:30 am - 10:30 am	AAA (Stiwdio / Studio)	Stiwdio--Studio	Strength / Toning
10:45 am - 11:30 am	AAA (Stiwdio / Studio)	Stiwdio--Studio	Strength / Toning
5:00 pm - 5:45 pm	Seiclo dan do / Indoor Cycling	Stiwdio--Studio	Cardio / Calorie burning
5:15 pm - 5:45 pm	Metafit	Stiwdio--Studio	Small Group Exercise Sessions
6:00 pm - 6:30 pm	Ignite Core	Stiwdio--Studio	Strength / Toning
6:00 pm - 7:00 pm	Kettlebells	Stiwdio--Studio	Strength / Toning