

# exercise class programme

## Maldwyn Leisure Centre

Accurate as of 03/05/2024

### Times for Saturday 22 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