

# Fitness Timetable

## Penlan Leisure Centre

Accurate as of 27/07/2024

### Times for Friday 30 September



Time	Session	Facility	Level
6:05 am - 6:50 am	Freedom Bootcamp	Neuadd chwaraeon / Sports Hall	
9:00 am - 9:45 am	Freedom Step	Neuadd chwaraeon / Sports Hall	
10:00 am - 10:45 am	Aqua Aerobics	Pwll / Pool	
11:00 am - 11:45 am	Pilates	Neuadd chwaraeon / Sports Hall	