

# Fitness Timetable

## Penlan Leisure Centre

Accurate as of 27/07/2024

### Times for Saturday 1 October



Time	Session	Facility	Level
9:00 am - 9:45 am	Bounce Fit	Neuadd yr ysgol / School Hall	
9:05 am - 9:50 am	Freedom Indoor Cycling	Neuadd chwaraeon / Sports Hall	
10:00 am - 10:45 am	Freedom Dance	Neuadd chwaraeon / Sports Hall	