

# Fitness Timetable

## Penlan Leisure Centre

Accurate as of 27/07/2024

### Times for Sunday 2 October



Time	Session	Facility	Level
10:00 am - 10:45 am	Freedom Indoor Cycling	Stiwdio A / Studio A	
5:15 pm - 6:00 pm	Zumba	Neuadd chwaraeon / Sports Hall	
6:15 pm - 7:00 pm	Aqua Zumba	Pwll / Pool	