

# MTLC Activity Timetable

Term: January - April 2017

## Monday

Spin	06:45 - 07:30	Fit Studio	●
Pilates	09:00 - 10:00	Main Hall	●
Core Blast	10:00 - 10:30	Main Hall	●
Easy Circuits	11:00 - 12:00	Main Hall	●
Aquacise	18:00 - 19:00	Main Pool	●
Body Weight Blast	18:00 - 18:30	Main Hall	●
Spin	19:15 - 20:00	Fit Studio	●

## Wednesday

Spin	06:45 - 07:30	Fit Studio	●
Core Blast	09:30 - 10:00	Main Hall	●
Zumba	10:00 - 11:00	Main Hall	●
Easy Circuits	11:00 - 12:00	Main Hall	●
Badminton Club	17:00 - 18:00	Main Hall	●
Spin	17:15 - 18:00	Fit Studio	●
Kettlebells	18:00 - 19:00	Main Hall	●

## Tuesday

Cardio Row	06:45 - 07:30	Fit Studio	●
Circuits	09:30 - 10:30	Main Hall	●
Aquacise	10:00 - 10:30	Main Pool	●
Tai Chi	12:30 - 13:30	Main Hall	●
Cardio Row	12:30 - 13:15	Fit Studio	●
Core Blast	17:00 - 17:30	Main Hall	●
Boot Camp	18:00 - 19:00	Main Hall	●
Booty Shakers	18:00 - 19:00	Main Hall	●

## Thursday

HIIT	06:45 - 07:30	Main Hall	●
Shape & Tone	10:00 - 11:00	Main Hall	●
Aquacise	12:00 - 13:00	Main Pool	●
HIIT	18:00 - 18:45	Main Hall	●
Booty Shakers	18:00 - 19:00	Main Hall	●
Aquacise	18:00 - 19:00	Main Pool	●
Spin	18:15 - 19:00	Fit Studio	●

## Intensity Scale



Low Intensity



Medium Intensity



High Intensity

## Friday

Spin	06:45 - 07:30	Fit Studio	●
Zumba	09:15 - 10:00	Main Hall	●
Easy Circuits	11:00 - 12:00	Main Hall	●
Aquacise	11:00 - 12:00	Main Pool	●
Core Blast	12:30 - 13:00	Main Hall	●
Kardiobells	18:30 - 19:30	Main Hall	●

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