

exercise class programme

Flash Leisure Centre

Accurate as of 19/04/2024

Times for Monday 28 May



Time	Session	Facility	Instructor	Type
10:15 am - 11:15 am	MyRide Tour	Stiwdio Feicio Dan Do--Indoor Cycling Studio		Cardio / Calorie burning
12:30 pm - 1:15 pm	MyRide Tour	Stiwdio Feicio Dan Do--Indoor Cycling Studio		Cardio / Calorie burning