

exercise class programme

Flash Leisure Centre

Accurate as of 03/05/2024

Times for Friday 1 June



| Time | Session | Facility | Instructor | Type |
|-------------------|------------------------|--|------------|--------------------------|
| 8:00 am - 8:32 am | MyRide Coach | Stiwdio Feicio Dan Do--Indoor Cycling Studio | | Cardio / Calorie burning |
| 1:00 pm - 1:45 pm | MyRide Coach | Stiwdio Feicio Dan Do--Indoor Cycling Studio | | Cardio / Calorie burning |
| 3:45 pm - 4:45 pm | Junior Fitness | Campfa--gym | Leanne | Cardio / Calorie burning |
| 5:30 pm - 6:30 pm | MyRide Tour | Stiwdio Feicio Dan Do--Indoor Cycling Studio | | Cardio / Calorie burning |
| 5:45 pm - 6:45 pm | Kettlebells | Campfa--gym | | Strength / Toning |
| 7:00 pm - 8:00 pm | Freedom Indoor Cycling | Stiwdio Feicio Dan Do--Indoor Cycling Studio | Ffion | Cardio / Calorie burning |