

# exercise class programme

## Flash Leisure Centre

Accurate as of 28/04/2024

### Times for Monday 20 August



Time	Session	Facility	Instructor	Type
8:00 am - 8:32 am	MyRide Coach	Stiwidio Feicio Dan Do--Indoor Cycling Studio		Cardio / Calorie burning
9:00 am - 10:00 am	AAA (Cylched / Circuits)	Neuadd Chwaraeon--Sports Hall	Leanne	Strength / Toning
9:15 am - 10:00 am	MyRide Tour	Stiwidio Feicio Dan Do--Indoor Cycling Studio		Cardio / Calorie burning
9:15 am - 10:15 am	Kettlebells	Neuadd Chwaraeon--Sports Hall	Ffion	Strength / Toning
10:15 am - 11:15 am	Pure Stretch	Stiwidio--Studio	Ffion	Mind Body Training
11:30 am - 12:30 pm	AAA (Ystafell Ffitrwydd / Gym)	Campfa--gym	Ffion	Strength / Toning
12:30 pm - 1:15 pm	MyRide Tour	Stiwidio Feicio Dan Do--Indoor Cycling Studio		Cardio / Calorie burning
5:30 pm - 6:15 pm	Pilates	Stiwidio--Studio		Mind Body Training
5:45 pm - 6:15 pm	Metafit PWR	Neuadd Chwaraeon--Sports Hall	Leanne	Small Group Exercise Sessions
6:15 pm - 7:15 pm	Freedom Indoor Cycling	Stiwidio Feicio Dan Do--Indoor Cycling Studio	Steph W	Cardio / Calorie burning
6:30 pm - 7:30 pm	Kettlebells	Neuadd Chwaraeon--Sports Hall		Strength / Toning
7:30 pm - 8:15 pm	MyRide Tour	Stiwidio Feicio Dan Do--Indoor Cycling Studio		Cardio / Calorie burning
7:30 pm - 8:30 pm	Pilates	Campfa--gym		Mind Body Training