exercise class programme

Flash Leisure Centre

Accurate as of 12/10/2024

Times for Saturday 25 August

Time	Session	Facility	Instructor	Type
9:00 am - 10:00 am	Freedom Indoor Cycling	Stiwdio Feicio Dan Do--Indoor Cycling Studio	Ffion	Cardio / Calorie burning
3:00 pm - 4:00 pm	MyRide Tour	Stiwdio Feicio Dan Do--Indoor Cycling Studio		Cardio / Calorie burning