

# exercise class programme

## Flash Leisure Centre

Accurate as of 06/05/2024

### Times for Saturday 1 September



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