

# exercise class programme

## Flash Leisure Centre

Accurate as of 26/04/2024

### Times for Wednesday 21 November



Time	Session	Facility	Instructor	Type
6:30 am - 7:15 am	Freedom Indoor Cycling	Stiwdio Feicio Dan Do--Indoor Cycling Studio	Larna	Cardio / Calorie burning
6:45 am - 7:15 am	Metafit	Stiwdio--Studio	Ffion	Small Group Exercise Sessions
8:00 am - 8:32 am	MyRide Coach	Stiwdio Feicio Dan Do--Indoor Cycling Studio		Cardio / Calorie burning
9:00 am - 10:00 am	AAA	Neuadd Chwaraeon--Sports Hall	Ffion	Strength / Toning
9:15 am - 10:00 am	MyRide Tour	Stiwdio Feicio Dan Do--Indoor Cycling Studio		Cardio / Calorie burning
9:15 am - 10:15 am	Kettlebells	Neuadd Chwaraeon--Sports Hall	Leanne	Strength / Toning
11:00 am - 12:00 pm	Walking Football	Neuadd Chwaraeon--Sports Hall		Cardio / Calorie burning
1:00 pm - 1:45 pm	MyRide Tour	Stiwdio Feicio Dan Do--Indoor Cycling Studio	No instructor	Cardio / Calorie burning
3:45 pm - 4:45 pm	Junior Fitness	Campfa--gym	Leanne	Cardio / Calorie burning
5:45 pm - 6:45 pm	Freedom Indoor Cycling	Stiwdio Feicio Dan Do--Indoor Cycling Studio		Cardio / Calorie burning
6:30 pm - 7:30 pm	Freedom Runners	Neuadd Chwaraeon--Sports Hall		Cardio / Calorie burning
8:00 pm - 8:35 pm	MyRide Coach	Stiwdio Feicio Dan Do--Indoor Cycling Studio		Cardio / Calorie burning