

# exercise class programme

## Flash Leisure Centre

Accurate as of 23/04/2024

### Times for Friday 23 November



Time	Session	Facility	Instructor	Type
8:00 am - 8:32 am	MyRide Coach	Stiwdio Feicio Dan Do--Indoor Cycling Studio		Cardio / Calorie burning
10:15 am - 11:15 am	Pilates	Stiwdio--Studio		Mind Body Training
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
7:00 pm - 8:00 pm	Pilates	Campfa--gym		Mind Body Training