

exercise class programme

Flash Leisure Centre

Accurate as of 05/05/2024

Times for Tuesday 19 February



Time	Session	Facility	Instructor	Type
6:30 am - 7:15 am	Freedom Indoor Cycling	Stiwidio Feicio Dan Do--Indoor Cycling Studio		Cardio / Calorie burning
6:45 am - 7:15 am	Metafit PWR	Campfa--gym	Ffion	Small Group Exercise Sessions
8:00 am - 8:32 am	MyRide Tour	Stiwidio Feicio Dan Do--Indoor Cycling Studio		Cardio / Calorie burning
8:30 am - 9:00 am	Powerhoop	Neuadd Chwaraeon--Sports Hall	Ffion	Strength / Toning
9:15 am - 10:15 am	Seiclo dan do / Indoor Cycling	Stiwidio Feicio Dan Do--Indoor Cycling Studio	Ffion	Cardio / Calorie burning
9:15 am - 10:15 am	Kettlebells	Neuadd Chwaraeon--Sports Hall		Strength / Toning
10:30 am - 11:30 am	Pilates	Stiwidio--Studio		Mind Body Training
11:40 am - 12:40 pm	Pilates	Stiwidio--Studio		Mind Body Training
12:30 pm - 1:25 pm	MyRide Coach	Stiwidio Feicio Dan Do--Indoor Cycling Studio		Cardio / Calorie burning
5:20 pm - 6:20 pm	Freedom Indoor Cycling	Stiwidio Feicio Dan Do--Indoor Cycling Studio	Larna	Cardio / Calorie burning
6:00 pm - 6:30 pm	Metafit	Stiwidio--Studio	Steph W	Small Group Exercise Sessions
6:30 pm - 7:30 pm	Body Sculpt	Stiwidio--Studio		Strength / Toning
8:00 pm - 8:35 pm	MyRide Studio	Stiwidio Feicio Dan Do--Indoor Cycling Studio		Cardio / Calorie burning
8:00 pm - 9:00 pm	Aqua Aerobics	Pwll Nofio--Swimming Pool		Water Exercise