

exercise class programme

Flash Leisure Centre

Accurate as of 01/05/2024

Times for Wednesday 20 February



| Time | Session | Facility | Instructor | Type |
|---------------------|------------------------|-----------------------------------------------|---------------|-------------------------------|
| 6:30 am - 7:15 am | Freedom Indoor Cycling | Stiwidio Feicio Dan Do--Indoor Cycling Studio | Larna | Cardio / Calorie burning |
| 6:45 am - 7:15 am | Metafit | Stiwidio--Studio | Ffion | Small Group Exercise Sessions |
| 8:00 am - 8:32 am | MyRide Coach | Stiwidio Feicio Dan Do--Indoor Cycling Studio | | Cardio / Calorie burning |
| 8:30 am - 9:00 am | Powerhoop | Stiwidio--Studio | Ffion | Strength / Toning |
| 9:00 am - 10:00 am | AAA | Neuadd Chwaraeon--Sports Hall | Ffion | Strength / Toning |
| 9:15 am - 10:00 am | MyRide Tour | Stiwidio 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 | Stiwidio 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 | Stiwidio 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 | Stiwidio Feicio Dan Do--Indoor Cycling Studio | | Cardio / Calorie burning |