

# exercise class programme

## Flash Leisure Centre

Accurate as of 30/04/2024

### Times for Thursday 21 February



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
6:30 am - 7:15 am	MyRide Coach	Stiwdio Feicio Dan Do--Indoor Cycling Studio		Cardio / Calorie burning
8:00 am - 8:32 am	MyRide Tour	Stiwdio Feicio Dan Do--Indoor Cycling Studio		Cardio / Calorie burning
9:00 am - 10:00 am	AAA (Cylched / Circuits)	Neuadd Chwaraeon--Sports Hall	Leanne	Strength / Toning
9:15 am - 10:15 am	Freedom Indoor Cycling	Stiwdio Feicio Dan Do--Indoor Cycling Studio	Ffion	Cardio / Calorie burning
10:15 am - 11:15 am	Pure Stretch	Stiwdio--Studio	Ffion	Mind Body Training
12:30 pm - 1:20 pm	MyRide Coach	Stiwdio Feicio Dan Do--Indoor Cycling Studio		Cardio / Calorie burning
4:45 pm - 5:45 pm	Yoga	Campfa--gym		Mind Body Training
5:20 pm - 6:05 pm	Spin Lite	Stiwdio Feicio Dan Do--Indoor Cycling Studio	Steph W	Cardio / Calorie burning
6:00 pm - 7:00 pm	Body Sculpt	Stiwdio--Studio		Strength / Toning
6:15 pm - 6:45 pm	Metafit PWR	Campfa--gym	Steph W	Small Group Exercise Sessions
8:00 pm - 8:35 pm	MyRide Coach	Stiwdio Feicio Dan Do--Indoor Cycling Studio		Cardio / Calorie burning
8:00 pm - 9:00 pm	Swimfit	Pwll Nofio--Swimming Pool		Water Exercise