

exercise class programme

Flash Leisure Centre

Accurate as of 25/04/2024

Times for Monday 25 February



| Time | Session | Facility | Instructor | Type |
|---------------------|--------------------------------|--|------------|-------------------------------|
| 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 (Cylched / Circuits) | Neuadd Chwaraeon--Sports Hall | Leanne | 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 | Ffion | Strength / Toning |
| 10:15 am - 11:15 am | Pure Stretch | Stiwdio--Studio | Ffion | Mind Body Training |
| 11:30 am - 12:30 pm | AAA (Ystafell Ffitrwydd / Gym) | Campfa--gym | Ffion | Strength / Toning |
| 12:30 pm - 1:15 pm | MyRide Tour | Stiwdio Feicio Dan Do--Indoor Cycling Studio | | Cardio / Calorie burning |
| 5:30 pm - 6:15 pm | Pilates | Stiwdio--Studio | | Mind Body Training |
| 5:45 pm - 6:15 pm | Metafit PWR | Neuadd Chwaraeon--Sports Hall | Leanne | Small Group Exercise Sessions |
| 6:15 pm - 6:45 pm | Metafit | Neuadd Chwaraeon--Sports Hall | Leanne | Small Group Exercise Sessions |
| 6:15 pm - 7:15 pm | Freedom Indoor Cycling | Stiwdio Feicio Dan Do--Indoor Cycling Studio | Steph W | Cardio / Calorie burning |
| 6:30 pm - 7:30 pm | Kettlebells | Neuadd Chwaraeon--Sports Hall | | Strength / Toning |
| 7:30 pm - 8:15 pm | MyRide Tour | Stiwdio Feicio Dan Do--Indoor Cycling Studio | | Cardio / Calorie burning |
| 7:30 pm - 8:30 pm | Pilates | Campfa--gym | | Mind Body Training |