

# exercise class programme

## Flash Leisure Centre

Accurate as of 03/05/2024

### Times for Sunday 3 March



Time	Session	Facility	Instructor	Type
9:00 am - 10:00 am	Seiclo dan do / Indoor Cycling	Stiwidio Feicio Dan Do--Indoor Cycling Studio	Steph W	Cardio / Calorie burning
3:00 pm - 4:00 pm	MyRide Tour	Stiwidio Feicio Dan Do--Indoor Cycling Studio		Cardio / Calorie burning