

# exercise class programme

## Flash Leisure Centre

Accurate as of 02/01/2025

### Times for Thursday 29 September



Time	Session	Facility	Instructor	Type
9:00 am - 10:00 am	AAA / AAA	Neuadd Chwaraeon-- Sports Hall	Leanne	Cardio / Calorie burning
10:15 am - 11:00 am	Cynllun Atgyfeirio Cleifion i Wneud Ymarfer Corff / National Exercise Referral Scheme (NERS)	Neuadd Chwaraeon-- Sports Hall	Leanne	Specialist Exercise
11:15 am - 12:00 pm	Cynllun Atgyfeirio Cleifion i Wneud Ymarfer Corff / National Exercise Referral Scheme (NERS)	Neuadd Chwaraeon-- Sports Hall	Leanne	Specialist Exercise
12:00 pm - 1:00 pm	AAA (Ystafell Ffitrwydd / Gym)	Campfa--gym	Leanne	Strength / Toning
1:00 pm - 2:00 pm	Cynllun Atgyfeirio Cleifion i Wneud Ymarfer Corff / National Exercise Referral Scheme (NERS)	Campfa--gym	Leanne	Specialist Exercise
3:45 pm - 4:45 pm	Junior Gym	Campfa--gym	Leanne	Junior Activity