

# exercise class programme

## Flash Leisure Centre

Accurate as of 02/01/2025

### Times for Friday 30 September



Time	Session	Facility	Instructor	Type
9:30 am - 10:15 am	Boxercise / Boxercise	Stiwidio--Studio	Ffion	Cardio / Calorie burning
10:15 am - 11:15 am	Ioga / Yoga	Stiwidio--Studio	Ffion	Mind Body Training
6:00 pm - 7:00 pm	Seiclo dan do / Indoor Cycling	Stiwidio Feicio Dan Do--Indoor Cycling Studio	Ffion	Cardio / Calorie burning