

exercise class programme

Flash Leisure Centre

Accurate as of 27/07/2024

Times for Monday 3 October



Time	Session	Facility	Instructor	Type
6:30 am - 7:15 am	Seiclo dan do / Indoor Cycling	Stiwidio Feicio Dan Do-- Indoor Cycling Studio	Ffion	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	Kettlebells / Kettlebells	Stiwidio--Studio	Ffion	Strength / Toning
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
10:15 am - 11:15 am	Ymestyn y Corff Cyfan / Pure Stretch	Stiwidio--Studio	Ffion	Mind Body Training
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
4:00 pm - 5:00 pm	Junior Gym	Campfa--gym	Darren	Junior Activity