

# exercise class programme

## Flash Leisure Centre

Accurate as of 27/07/2024

### Times for Tuesday 4 October



Time	Session	Facility	Instructor	Type
9:00 am - 10:00 am	Sbinio ac Ystwytho / Spin & Flex	Neuadd Chwaraeon--Sports Hall	Ffion	Cardio / Calorie burning
10:15 am - 11:15 am	AAA / AAA	Neuadd Chwaraeon--Sports Hall	Leanne	Cardio / Calorie burning
6:00 pm - 6:45 pm	Seiclo dan do / Indoor Cycling	Stiwdio Feicio Dan Do--Indoor Cycling Studio	Julia	Cardio / Calorie burning