

# exercise class programme

## Flash Leisure Centre

Accurate as of 27/07/2024

### Times for Wednesday 5 October



Time	Session	Facility	Instructor	Type
6:30 am - 7:15 am	Seiclo dan do / Indoor Cycling	Stiwidio Feicio Dan Do--Indoor Cycling Studio	Jess	Cardio / Calorie burning
9:15 am - 10:15 am	Kettlebells / Kettlebells	Neuadd Chwaraeon--Sports Hall	Leanne	Strength / Toning
10:15 am - 11:15 am	AAA (Chwaraeon Cymysg / Multi Sports)	Neuadd Chwaraeon--Sports Hall	Leanne	Cardio / Calorie burning
11:15 am - 12:15 pm	AAA (Fflecs ag Ymestyn / Flex & Stretch)	Neuadd Chwaraeon--Sports Hall	Leanne	Mind Body Training
6:00 pm - 6:45 pm	Seiclo dan do / Indoor Cycling	Stiwidio Feicio Dan Do--Indoor Cycling Studio	Steph W	Cardio / Calorie burning