

# exercise class programme

## Flash Leisure Centre

Accurate as of 17/05/2024

### Times for Monday 15 April



Time	Session	Facility	Instructor	Type
6:30 am - 7:15 am	Seiclo dan do / Indoor Cycling	Stiwdio Feicio Dan Do-- Indoor Cycling Studio	Ffion	Cardio / Calorie burning
8:00 am - 8:30 am	Metafit / Metafit	Neuadd Chwaraeon-- Sports Hall	Leanne	Strength / Toning
9:00 am - 10:00 am	AAA (Cylched / Circuits)	Neuadd Chwaraeon-- Sports Hall	Leanne	Strength / Toning
9:15 am - 10:15 am	Kettlebells / Kettlebells	Stiwdio--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	Stiwdio--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
6:00 pm - 6:45 pm	Seiclo dan do / Indoor Cycling	Stiwdio Feicio Dan Do-- Indoor Cycling Studio	Julia	Cardio / Calorie burning
6:00 pm - 7:00 pm	Pilates	Stiwdio--Studio	Jodie	Mind Body Training
7:00 pm - 8:00 pm	Seiclo dan do / Indoor Cycling	Stiwdio Feicio Dan Do-- Indoor Cycling Studio	Julia	Cardio / Calorie burning

<b>Time</b>	<b>Session</b>	<b>Facility</b>	<b>Instructor</b>	<b>Type</b>
7:00 pm - 8:00 pm	Tomboogie / Tomboogie	Stiwdio--Studio	Nicky	Cardio / Calorie burning