

exercise class programme

Flash Leisure Centre

Accurate as of 17/05/2024

Times for Tuesday 16 April



Time	Session	Facility	Instructor	Type
6:30 am - 7:15 am	Seiclo dan do / Indoor Cycling	Stiwdio Feicio Dan Do--Indoor Cycling Studio	Larna	Cardio / Calorie burning
8:00 am - 8:30 am	Metafit PWR / Metafit PWR	Stiwdio--Studio	Leanne	Cardio / Calorie burning
9:00 am - 10:00 am	Sbinio ac Ystwytho / Spin & Flex	Neuadd Chwaraeon--Sports Hall	Ffion	Cardio / Calorie burning
9:15 am - 9:45 am	Metafit PWR / Metafit PWR	Stiwdio--Studio	Leanne	Cardio / Calorie burning
10:00 am - 11:00 am	Ioga / Yoga	Stiwdio--Studio	Ffion	Mind Body Training
10:15 am - 11:15 am	AAA / AAA	Neuadd Chwaraeon--Sports Hall	Leanne	Cardio / Calorie burning
3:45 pm - 4:45 pm	Junior Gym	Campfa--gym	Leanne	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	Ioga / Yoga	Stiwdio--Studio	Jess	Mind Body Training
6:00 pm - 7:00 pm	Freedom Pump	Neuadd Chwaraeon--Sports Hall	Steph B.	Strength / Toning
7:00 pm - 8:00 pm	Ioga / Yoga	Stiwdio--Studio	Jess	Mind Body Training