

exercise class programme

Flash Leisure Centre

Accurate as of 19/04/2024

Times for Friday 19 April



Time	Session	Facility	Instructor	Type
8:00 am - 8:30 am	Metafit PWR / Metafit PWR	Stiwdio--Studio	Leanne	Cardio / Calorie burning
9:15 am - 10:15 am	Mam, Fi a Phwysau Tegell / Mummy & Me Kettlebells	Neuadd Chwaraeon--Sports Hall	Leanne	Strength / Toning
9:30 am - 10:15 am	Boxercise / Boxercise	Stiwdio--Studio	Ffion	Cardio / Calorie burning
10:15 am - 11:15 am	Ioga / Yoga	Stiwdio--Studio	Ffion	Mind Body Training
1:45 pm - 2:45 pm	AAA (Chwaraeon Cymysg / Multi Sports)	Neuadd Chwaraeon--Sports Hall	Leanne	Cardio / Calorie burning
3:45 pm - 4:45 pm	Junior Gym	Campfa--gym	Leanne	Junior Activity
6:00 pm - 7:00 pm	Seiclo dan do / Indoor Cycling	Stiwdio Feicio Dan Do--Indoor Cycling Studio	Ffion	Cardio / Calorie burning
6:00 pm - 7:00 pm	Zumba / Zumba	Stiwdio--Studio	Donna	Cardio / Calorie burning
7:00 pm - 8:00 pm	Pilates	Stiwdio--Studio	Donna	Mind Body Training