

# exercise class programme

## Flash Leisure Centre

Accurate as of 03/05/2024

### Times for Saturday 20 April



Time	Session	Facility	Instructor	Type
8:15 am - 9:00 am	Seiclo dan do / Indoor Cycling	Stiwidio Feicio Dan Do--Indoor Cycling Studio	Steph W	Cardio / Calorie burning
9:00 am - 10:00 am	Pilates	Stiwidio--Studio	Donna	Mind Body Training
10:00 am - 11:00 am	Zumba / Zumba	Stiwidio--Studio	Donna	Cardio / Calorie burning