

exercise class programme

Flash Leisure Centre

Accurate as of 26/04/2024

Times for Friday 24 September



Time	Session	Facility	Instructor	Type
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	Stiwidio--Studio	Ffion	Cardio / Calorie burning
10:15 am - 11:15 am	Ioga / Yoga	Stiwidio--Studio	Ffion	Mind Body Training
6:00 pm - 7:00 pm	Seiclo dan do / Indoor Cycling	Stiwidio Feicio Dan Do--Indoor Cycling Studio	Ffion	Cardio / Calorie burning