

exercise class programme

Flash Leisure Centre

Accurate as of 03/05/2024

Times for Monday 15 August



| 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 |
| 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 |
| 7:00 pm - 8:00 pm | Seiclo dan do / Indoor Cycling | Stiwdio Feicio Dan Do-- Indoor Cycling Studio | Julia | Cardio / Calorie burning |