

# exercise class programme

## Flash Leisure Centre

Accurate as of 23/04/2024

| Times for Wednesday 24 August |   |  |            |                          |
|-------------------------------|---|--|------------|--------------------------|
| Time                          | Session   | Facility                                     | Instructor | Type                     |
| 6:30 am - 7:15 am             | Seiclo dan do / Indoor Cycling                    | Stiwdio Feicio Dan Do--Indoor Cycling Studio | Julia      | Cardio / Calorie burning |
| 9:15 am - 10:15 am            | Mam, Fi a Phwysau Tegell / Mummy & Me Kettlebells | Neuadd Chwaraeon--Sports Hall                | Leanne     | Strength / Toning        |
| 10:15 am - 11:15 am           | AAA (Chwaraeon Cymysg / Multi Sports)             | Neuadd Chwaraeon--Sports Hall                | Leanne     | Cardio / Calorie burning |
| 11:15 am - 12:15 pm           | AAA (Fflecs ag Ymestyn / Flex & Stretch)          | Neuadd Chwaraeon--Sports Hall                | Leanne     | Mind Body Training       |
| 6:00 pm - 6:45 pm             | Seiclo dan do / Indoor Cycling                    | Stiwdio Feicio Dan Do--Indoor Cycling Studio | Steph W    | Cardio / Calorie burning |