

exercise class programme

Flash Leisure Centre

Accurate as of 01/05/2024

Times for Friday 26 August



| 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 | Stiwdio--Studio | Ffion | Cardio / Calorie burning |
| 10:15 am - 11:15 am | Ioga / Yoga | Stiwdio--Studio | Ffion | Mind Body Training |
| 6:00 pm - 7:00 pm | Seiclo dan do / Indoor Cycling | Stiwdio Feicio Dan Do--Indoor Cycling Studio | Ffion | Cardio / Calorie burning |