

# exercise class programme

## Flash Leisure Centre

Accurate as of 19/04/2024

### Times for Thursday 18 April



Time	Session	Facility	Instructor	Type
8:00 am - 8:30 am	Metafit / Metafit	Neuadd Chwaraeon-- Sports Hall	Leanne	Strength / Toning
9:00 am - 10:00 am	AAA / AAA	Neuadd Chwaraeon-- Sports Hall	Leanne	Cardio / Calorie burning
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
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
3:45 pm - 4:45 pm	Junior Gym	Campfa--gym	Leanne	Junior Activity
6:00 pm - 6:45 pm	Seiclo dan do / Indoor Cycling	Stiwdio Feicio Dan Do-- Indoor Cycling Studio	Denise	Cardio / Calorie burning
6:15 pm - 7:15 pm	Tomboogie / Tomboogie	Stiwdio--Studio	Nicky	Cardio / Calorie burning
7:15 pm - 8:00 pm	Cylchedau / Circuits	Stiwdio--Studio	Darren	Strength / Toning