

# exercise class programme

## Flash Leisure Centre

Accurate as of 03/05/2024

### Times for Tuesday 23 April



| Time                | Session                          | Facility                                     | Instructor | Type                     |
|---------------------|----------------------------------|--|------------|--------------------------|
| 6:30 am - 7:15 am   | Seiclo dan do / Indoor Cycling   | Stiwdio Feicio Dan Do--Indoor Cycling Studio | Larna      | Cardio / Calorie burning |
| 8:00 am - 8:30 am   | Metafit PWR / Metafit PWR        | Stiwdio--Studio                              | Leanne     | Cardio / Calorie burning |
| 9:00 am - 10:00 am  | Sbinio ac Ystwytho / Spin & Flex | Neuadd Chwaraeon--Sports Hall                | Ffion      | Cardio / Calorie burning |
| 9:15 am - 9:45 am   | Metafit PWR / Metafit PWR        | Stiwdio--Studio                              | Leanne     | Cardio / Calorie burning |
| 10:00 am - 11:00 am | Ioga / Yoga                      | Stiwdio--Studio                              | Ffion      | Mind Body Training       |
| 10:15 am - 11:15 am | AAA / AAA                        | Neuadd Chwaraeon--Sports Hall                | Leanne     | Cardio / Calorie burning |
| 12:00 pm - 1:00 pm  | Tomboogie / Tomboogie            | Stiwdio--Studio                              | Nicky      | Cardio / Calorie burning |
| 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 | Emily      | Cardio / Calorie burning |
| 6:00 pm - 7:00 pm   | Ioga / Yoga                      | Stiwdio--Studio                              | Jess       | Mind Body Training       |
| 6:00 pm - 7:00 pm   | Freedom Pump                     | Neuadd Chwaraeon--Sports Hall                | Steph B.   | Strength / Toning        |
| 7:00 pm - 8:00 pm   | Ioga / Yoga                      | Stiwdio--Studio                              | Jess       | Mind Body Training       |