

exercise class programme

Flash Leisure Centre

Accurate as of 02/05/2024

Times for Wednesday 24 April



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
8:00 am - 8:30 am	Metafit PWR / Metafit PWR	Stiwdio--Studio	Leanne	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
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	Steph W	Cardio / Calorie burning
6:00 pm - 7:00 pm	Aqua Aerobics	Pwll Nofio--Swimming Pool	Nikki	Water Exercise
6:45 pm - 7:45 pm	Kettlebells / Kettlebells	Stiwdio--Studio	Steph W	Strength / Toning