

# Gym

## Flash Leisure Centre

Accurate as of 03/05/2024

### Times for Thursday 28 October



Time	Session	Facility	Level
6:15 am - 9:30 pm	Sesiwn Gym / Gym Session	Campfa--gym	
3:45 pm - 4:45 pm	Ffitrwydd Iau / Junior Fitness	Campfa--gym	