

# Gym

## Flash Leisure Centre

Accurate as of 28/04/2024

### Times for Monday 3 October



Time	Session	Facility	Level
6:15 am - 9:30 pm	Sesiwn Gym / Gym Session	Campfa--gym	
4:00 pm - 5:00 pm	Ffitrwydd Iau / Junior Fitness	Campfa--gym	