exercise class programme

LC Swansea

Accurate as of 25/04/2024

Times for Monday 20 September

Time	Session	Facility	Level
6:30 am - 7:15 am	Seiclo dan do / Indoor Cycling	Stiwdio Feicio Dan Do / Indoor Cycling Studio	
9:30 am - 10:25 am	Les Mills BODYATTACK™	Neuadd chwaraeon / Sports Hall	
10:30 am - 11:15 am	Ffitrwydd Dechreuwyr / Beginners Fitness	Stiwdio A / Studio A	
5:30 pm - 6:15 pm	Seiclo dan do / Indoor Cycling	Stiwdio Feicio Dan Do / Indoor Cycling Studio	