

# exercise class programme

## LC Swansea

Accurate as of 27/04/2024

### Times for Tuesday 21 September



Time	Session	Facility	Level
6:30 am - 7:15 am	Cryfder a Chyflyru / Strength & Conditioning	Campfa / Gym	
9:30 am - 10:15 am	60+ Aerobics	Stiwdio A / Studio A	
9:45 am - 10:30 am	Seiclo dan do / Indoor Cycling	Stiwdio Feicio Dan Do / Indoor Cycling Studio	
10:30 am - 11:15 am	Pwmp Freedom / Freedom Pump	Stiwdio A / Studio A	
11:15 am - 12:15 pm	Ymestyn / Stretch	Stiwdio A / Studio A	
5:30 pm - 6:15 pm	Les Mills BODYATTACK™	Stiwdio A / Studio A	
5:30 pm - 6:15 pm	Seiclo dan do / Indoor Cycling	Stiwdio Feicio Dan Do / Indoor Cycling Studio	
7:00 pm - 8:00 pm	Pilates	Stiwdio B / Studio B	