

exercise class programme

LC Swansea

Accurate as of 26/04/2024

Times for Thursday 23 September



Time	Session	Facility	Level
6:30 am - 7:15 am	Cryfder a Chyflyru / Strength & Conditioning	Campfa / Gym	
9:15 am - 10:00 am	Erobeg	Stiwidio A / Studio A	
5:45 pm - 6:30 pm	Seiclo dan do / Indoor Cycling	Stiwidio Feicio Dan Do / Indoor Cycling Studio	