

exercise class programme

LC Swansea

Accurate as of 23/04/2024

Times for Friday 24 September



Time	Session	Facility	Level
9:30 am - 10:15 am	Seiclo dan do / Indoor Cycling	Stiwdio B / Studio B	
9:30 am - 10:30 am	Les Mills BODYATTACK™	Neuadd chwaraeon / Sports Hall	
12:30 pm - 1:00 pm	Threshold	Campfa / Gym	
5:00 pm - 5:45 pm	Kettlebells / Kettlebells	Stiwdio B / Studio B	