## exercise class programme LC Swansea

## Accurate as of 04/05/2024

Times for Sunday 26 September			•
Time	Session	Facility	Level
10:30 am - 11:30 am	loga / Yoga	Stiwdio B / Studio B	
11:00 am - 11:45 am	Merched yn dysgu codi / Women's Learn to lift	Stiwdio A / Studio A	