

# exercise class programme

## LC Swansea

Accurate as of 26/04/2024

### Times for Sunday 26 September



Time	Session	Facility	Level
10:30 am - 11:30 am	Ioga / Yoga	Stiwdio B / Studio B	
11:00 am - 11:45 am	Merched yn dysgu codi / Women's Learn to lift	Stiwdio A / Studio A	