

# exercise class programme

## LC Swansea

Accurate as of 17/04/2024

### Times for Tuesday 16 April



Time	Session	Facility	Level
6:30 am - 7:15 am	Cryfder a Chyflyru / Strength & Conditioning	Campfa / Gym	
9:10 am - 9:40 am	Synrgy Circuits	Synrgy / Synrgy	
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	
10:30 am - 11:15 am	Tabata	Stiwdio B / Studio B	
10:45 am - 11:30 am	60+ Erobeg yn y D_r / 60+ Aqua Aerobics	Pwll / Pool	
11:15 am - 12:15 pm	Ymestyn / Stretch	Stiwdio A / Studio A	
12:15 pm - 1:00 pm	Pilates	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	
6:00 pm - 7:00 pm	Pwmp Freedom / Freedom Pump	Stiwdio B / Studio B	
6:20 pm - 7:05 pm	Les Mills BODYCOMBAT™	Stiwdio A / Studio A	
6:45 pm - 7:45 pm	Merched yn dysgu codi / Women's Learn to lift	Campfa / Gym	
7:00 pm - 8:00 pm	Pilates	Stiwdio B / Studio B	