

exercise class programme

LC Swansea

Accurate as of 01/05/2024

Times for Wednesday 17 April



Time	Session	Facility	Level
6:30 am - 7:15 am	Seiclo dan do / Indoor Cycling	Stiwidio Feicio Dan Do / Indoor Cycling Studio	
9:30 am - 10:30 am	Pwysau a cardio HIIT / Weights and cardio HIIT	Stiwidio A / Studio A	
9:30 am - 10:30 am	Walking Football	Neuadd chwaraeon / Sports Hall	
9:30 am - 10:30 am	Merched yn dysgu codi / Women's Learn to lift	Campfa / Gym	
9:45 am - 10:45 am	Pilates	Stiwidio B / Studio B	
10:45 am - 11:45 am	Ioga / Yoga	Stiwidio A / Studio A	
11:30 am - 12:15 pm	Buggy Blast	Stiwidio B / Studio B	
12:30 pm - 1:00 pm	Ffitrwydd Swyddogaethol / Functional Fitness	Campfa / Gym	
5:15 pm - 6:00 pm	Coesau, Penolau a Boliâu / Legs, Bums and Tums	Stiwidio B / Studio B	
5:15 pm - 6:00 pm	Camu Amdani / Step Plus	Stiwidio A / Studio A	
5:15 pm - 6:00 pm	Step Aerobics / Camu Lan	Stiwidio A / Studio A	
5:30 pm - 6:15 pm	Seiclo dan do / Indoor Cycling	Stiwidio Feicio Dan Do / Indoor Cycling Studio	
6:00 pm - 6:45 pm	Ffitrwydd Swyddogaethol / Functional Fitness	Campfa / Gym	
6:15 pm - 7:00 pm	Ymestyn y Corff Cyfan / Pure Stretch	Stiwidio B / Studio B	

Time	Session	Facility	Level
6:20 pm - 7:05 pm	Les Mills BodyCombat / Les Mills BodyCombat	Stiwdio A / Studio A	I