

# exercise class programme

## LC Swansea

Accurate as of 01/05/2024

### Times for Thursday 18 April



Time	Session	Facility	Level
6:30 am - 7:15 am	Cryfder a Chyflyru / Strength & Conditioning	Campfa / Gym	
7:30 am - 8:15 am	Seiclo dan do / Indoor Cycling	Stiwidio Feicio Dan Do / Indoor Cycling Studio	
8:30 am - 9:15 am	Ioga / Yoga	Stiwidio B / Studio B	
9:15 am - 10:00 am	Erobeg	Stiwidio A / Studio A	
9:30 am - 10:15 am	Seiclo dan do / Indoor Cycling	Stiwidio Feicio Dan Do / Indoor Cycling Studio	
10:00 am - 11:00 am	Les Mills BODYCOMBAT™	Neuadd chwaraeon / Sports Hall	
10:00 am - 11:00 am	Coesau, Penolau a Boliâu / Legs, Bums and Tums	Stiwidio B / Studio B	
10:45 am - 11:30 am	60+ Erobeg yn y D_r / 60+ Aqua Aerobics	Pwll / Pool	
11:00 am - 12:00 pm	Fitness Pilates	Stiwidio A / Studio A	
5:15 pm - 6:00 pm	Ffitrwydd Swyddogaethol / Functional Fitness	Campfa / Gym	
5:15 pm - 6:00 pm	Muay Thai	Stiwidio A / Studio A	
5:45 pm - 6:30 pm	Seiclo dan do / Indoor Cycling	Stiwidio Feicio Dan Do / Indoor Cycling Studio	
6:00 pm - 6:45 pm	Pwmp Bar / Bar Pump	Stiwidio A / Studio A	
6:00 pm - 7:00 pm	Boxercise	Stiwidio B / Studio B	

<b>Time</b>	<b>Session</b>	<b>Facility</b>	<b>Level</b>
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	