

exercise class programme

LC Swansea

Accurate as of 02/05/2024

Times for Friday 19 April



Time	Session	Facility	Level
6:45 am - 7:30 am	Seiclo dan do / Indoor Cycling	Stiwdio Feicio Dan Do / Indoor Cycling Studio	
9:30 am - 10:15 am	Seiclo dan do / Indoor Cycling	Stiwdio B / Studio B	
9:30 am - 10:30 am	Les Mills BODYATTACK™	Neuadd chwaraeon / Sports Hall	
9:30 am - 10:30 am	Merched yn dysgu codi / Women's Learn to lift	Campfa / Gym	
10:30 am - 11:30 am	Pilates	Stiwdio A / Studio A	
10:45 am - 11:30 am	Aquafit	Pwll / Pool	
12:30 pm - 1:00 pm	Threshold	Campfa / Gym	
5:00 pm - 5:45 pm	Kettlebells / Kettlebells	Stiwdio B / Studio B	
6:00 pm - 6:45 pm	Ffitrwydd Swyddogaethol / Functional Fitness	Campfa / Gym	