

# exercise class programme

## LC Swansea

Accurate as of 01/05/2024

### Times for Saturday 20 April



Time	Session	Facility	Level
8:30 am - 9:15 am	Seiclo dan do / Indoor Cycling	Stiwdio Feicio Dan Do / Indoor Cycling Studio	
9:15 am - 10:15 am	Les Mills BODYCOMBAT™	Neuadd chwaraeon / Sports Hall	
9:30 am - 10:15 am	Pwmp Bar / Bar Pump	Stiwdio B / Studio B	
10:20 am - 11:05 am	Pilates	Stiwdio B / Studio B	
10:30 am - 11:15 am	Ffitrwydd Swyddogaethol / Functional Fitness	Campfa / Gym	