

# exercise class programme

## LC Swansea

Accurate as of 01/05/2024

### Times for Sunday 21 April



Time	Session	Facility	Level
9:30 am - 10:15 am	Seiclo dan do / Indoor Cycling	Stiwdio Feicio Dan Do / Indoor Cycling Studio	
10:30 am - 11:30 am	Ioga / Yoga	Stiwdio B / Studio B	
11:00 am - 11:45 am	Merched yn dysgu codi / Women's Learn to lift	Stiwdio A / Studio A	
5:00 pm - 5:45 pm	Kettlebells / Kettlebells	Stiwdio A / Studio A	