

# exercise class programme

## LC Swansea

Accurate as of 01/05/2024

### Times for Monday 22 April



Time	Session	Facility	Level
6:30 am - 7:15 am	Seiclo dan do / Indoor Cycling	Stiwdio Feicio Dan Do / Indoor Cycling Studio	
8:00 am - 8:45 am	Aquafit	Pwll / Pool	
8:30 am - 9:30 am	Ioga / Yoga	Stiwdio B / Studio B	
9:30 am - 10:15 am	Cylchedau / Circuits	Synrgy / Synrgy	
9:30 am - 10:25 am	Les Mills BODYATTACK™	Neuadd chwaraeon / Sports Hall	
9:45 am - 10:45 am	Ioga / Yoga	Stiwdio B / Studio B	
10:30 am - 11:15 am	Ffitrwydd Dechreuwr / Beginners Fitness	Stiwdio A / Studio A	
11:00 am - 12:00 pm	Tai Chi / Tai Chi	Stiwdio B / Studio B	
5:15 pm - 6:00 pm	Kettlebells / Kettlebells	Stiwdio B / Studio B	
5:15 pm - 6:00 pm	Aquafit	Pwll / Pool	
5:15 pm - 6:15 pm	Vinyasa Yoga	Stiwdio B / Studio B	
5:30 pm - 6:15 pm	Seiclo dan do / Indoor Cycling	Stiwdio Feicio Dan Do / Indoor Cycling Studio	
6:00 pm - 6:45 pm	Les Mills BODYCOMBAT™	Stiwdio A / Studio A	
6:00 pm - 6:45 pm	Ffitrwydd Swyddogaethol / Functional Fitness	Campfa / Gym	
6:15 pm - 7:00 pm	Ymestyn / Stretch	Stiwdio B / Studio B	
6:45 pm - 7:15 pm	Les Mills GRIT™ Cardio	Stiwdio A / Studio A	
7:00 pm - 7:45 pm	Cardio Climb	Wal ddringo / Climbing Wall	

<b>Time</b>	<b>Session</b>	<b>Facility</b>	<b>Level</b>
7:00 pm - 8:00 pm	Yin Yoga	Stiwdio B / Studio B	I