

# exercise class programme

## LC Swansea

Accurate as of 17/05/2024

### Times for Wednesday 24 April



| Time                | Session                                        | Facility                                      | Level |
|---------------------|------------------------------------------------|-----------------------------------------------|-------|
| 6:30 am - 7:15 am   | Seiclo dan do / Indoor Cycling                 | Stiwdio Feicio Dan Do / Indoor Cycling Studio |       |
| 9:30 am - 10:30 am  | Pwysau a cardio HIIT / Weights and cardio HIIT | Stiwdio A / Studio A                          |       |
| 9:30 am - 10:30 am  | Walking Football                               | Neuadd chwaraeon / Sports Hall                |       |
| 9:30 am - 10:30 am  | Merched yn dysgu codi / Women's Learn to lift  | Campfa / Gym                                  |       |
| 9:45 am - 10:45 am  | Pilates                                        | Stiwdio B / Studio B                          |       |
| 10:45 am - 11:45 am | Ioga / Yoga                                    | Stiwdio A / Studio A                          |       |
| 11:30 am - 12:15 pm | Buggy Blast                                    | Stiwdio B / Studio B                          |       |
| 12:30 pm - 1:00 pm  | Ffitrwydd Swyddogaethol / Functional Fitness   | Campfa / Gym                                  |       |
| 5:15 pm - 6:00 pm   | Coesau, Penolau a Boliâu / Legs, Bums and Tums | Stiwdio B / Studio B                          |       |
| 5:15 pm - 6:00 pm   | Camu Amdani / Step Plus                        | Stiwdio A / Studio A                          |       |
| 5:15 pm - 6:00 pm   | Step Aerobics / Camu Lan                       | Stiwdio A / Studio A                          |       |
| 5:30 pm - 6:15 pm   | Seiclo dan do / Indoor Cycling                 | Stiwdio Feicio Dan Do / Indoor Cycling Studio |       |
| 6:00 pm - 6:45 pm   | Ffitrwydd Swyddogaethol / Functional Fitness   | Campfa / Gym                                  |       |
| 6:15 pm - 7:00 pm   | Ymestyn y Corff Cyfan / Pure Stretch           | Stiwdio B / Studio B                          |       |

| <b>Time</b>       | <b>Session</b>                              | <b>Facility</b>      | <b>Level</b> |
|-------------------|---------------------------------------------|----------------------|--------------|
| 6:20 pm - 7:05 pm | Les Mills BodyCombat / Les Mills BodyCombat | Stiwdio A / Studio A | I            |