

exercise class programme

Bishopston Sports Centre

Accurate as of 18/05/2024

Times for Monday 22 April



| Time | Session | Facility | Level |
|---------------------|------------------------|--------------------------------|-------|
| 9:00 am - 9:45 am | Awakening | Stiwdio A / Studio A | |
| 10:00 am - 11:00 am | Ashtanga Vinyasa Yoga | Stiwdio A / Studio A | |
| 4:15 pm - 5:15 pm | Yoga Flow | Stiwdio A / Studio A | |
| 5:30 pm - 6:30 pm | Yoga Flow | Stiwdio A / Studio A | |
| 6:00 pm - 6:45 pm | Freedom Indoor Cycling | Stiwdio B / Studio B | |
| 7:00 pm - 7:45 pm | HiIT Happens | Neuadd chwaraeon / Sports Hall | |