

exercise class programme

Bishopston Sports Centre

Accurate as of 04/05/2024

Times for Monday 29 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	