

exercise class programme

Bro Ddyfi Leisure Centre

Accurate as of 30/04/2024

Times for Tuesday 21 February



Time	Session	Facility	Type
9:00 am - 10:00 am	AAA (Cylched / Circuits) (Cancelled)	Neuadd Chwaraeon--Sports Hall	Strength / Toning
9:30 am - 10:15 am	Seiclo dan do / Indoor Cycling	Cwrt Sboncen--Squash Court	Cardio / Calorie burning
5:45 pm - 6:30 pm	Seiclo dan do / Indoor Cycling	Cwrt Sboncen--Squash Court	Cardio / Calorie burning