

exercise class programme

Bro Ddyfi Leisure Centre

Accurate as of 19/04/2024

Times for Tuesday 28 February



Time	Session	Facility	Type
9:00 am - 10:00 am	AAA (Cylched / Circuits)	Neuadd Chwaraeon--Sports Hall	Strength / Toning
9:30 am - 10:15 am	Seiclo dan do / Indoor Cycling	Cwrt Sboncen--Squash Court	Cardio / Calorie burning
5:00 pm - 5:30 pm	Coesau, Penolau a Boliau / Legs, Bums and Tums	Campfa--Gym	Strength / Toning
5:45 pm - 6:30 pm	Seiclo dan do / Indoor Cycling	Cwrt Sboncen--Squash Court	Cardio / Calorie burning