

exercise class programme

Bro Ddyfi Leisure Centre

Accurate as of 03/05/2024

Times for Friday 3 March



| Time | Session | Facility | Type |
|---------------------|--------------------------------|----------------------------|--------------------------|
| 8:30 am - 9:15 am | Seiclo dan do / Indoor Cycling | Cwrt Sboncen--Squash Court | Cardio / Calorie burning |
| 9:30 am - 10:15 am | Core Plus | Neuadd Bowlio--Bowls Hall | Strength / Toning |
| 10:25 am - 10:55 am | HIIT | Neuadd Bowlio--Bowls Hall | Strength / Toning |
| 4:30 pm - 5:00 pm | HIIT | Neuadd Bowlio--Bowls Hall | Strength / Toning |
| 5:15 pm - 5:45 pm | HIIT | Neuadd Bowlio--Bowls Hall | Strength / Toning |
| 6:00 pm - 6:45 pm | Seiclo dan do / Indoor Cycling | Cwrt Sboncen--Squash Court | Cardio / Calorie burning |