

exercise class programme

Bro Ddyfi Leisure Centre

Accurate as of 02/05/2024

Times for Monday 20 March



Time	Session	Facility	Type
9:30 am - 10:20 am	Kettlebells	Neuadd Chwaraeon--Sports Hall	Strength / Toning
10:30 am - 11:15 am	Seiclo dan do / Indoor Cycling	Cwrt Sboncen--Squash Court	Cardio / Calorie burning