

# exercise class programme

## Bro Ddyfi Leisure Centre

Accurate as of 29/04/2024

### Times for Wednesday 5 July



Time	Session	Facility	Type
8:00 am - 8:45 am	Pilates	Neuadd Bowlio--Bowls Hall	Mind Body Training
6:15 pm - 7:15 pm	Cylchedau / Circuits	Neuadd Chwaraeon--Sports Hall	Strength / Toning