

exercise class programme

Bro Ddyfi Leisure Centre

Accurate as of 14/05/2024

| 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 |