exercise class programme Bro Ddyfi Leisure Centre

Accurate as of 10/05/2024

Times for Wednesday 16 August			
Time	Session	Facility	Туре
8:00 am - 8:45 am	Pilates	Neuadd BowlioBowls Hall	Mind Body Training
6:15 pm - 7:15 pm	Cylchedau / Circuits	Neuadd ChwaraeonSports Hall	Strength / Toning