## **exercise class programme Bro Ddyfi Leisure Centre**

## Accurate as of 05/05/2024

Times for Wednesday 23 August			
Time	Session	Facility	Туре
8:00 am - 8:45 am	Pilates (Cancelled)	Neuadd BowlioBowls Hall	Mind Body Training
6:15 pm - 7:15 pm	Cylchedau / Circuits	Neuadd ChwaraeonSports Hall	Strength / Toning