

exercise class programme

Bro Ddyfi Leisure Centre

Accurate as of 25/04/2024

Times for Wednesday 23 August



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