exercise class programme Bro Ddyfi Leisure Centre

Accurate as of 09/04/2024

| Times for Wednesday 18 October | | | |
|--------------------------------|----------------------|-----------------------------|--------------------|
| 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 |