exercise class programme

Bro Ddyfi Leisure Centre

Accurate as of 12/10/2024

Times for Monday 23 October

Time	Session	Facility	Type
9:30 am - 10:20 am	Kettlebells	Neuadd Chwaraeon--Sports Hall	Strength / Toning
10:30 am - 11:15 am	Seiclo dan do / Indoor Cycling	Cwrt Sboncen--Squash Court	Cardio / Calorie burning
6:15 pm - 7:15 pm	Cylchedau / Circuits	Neuadd Chwaraeon--Sports Hall	Strength / Toning