

exercise class programme

Bro Ddyfi Leisure Centre

Accurate as of 23/04/2024

Times for Thursday 21 December



Time	Session	Facility	Type
5:00 pm - 5:30 pm	HIIT	Campfa--Gym	Strength / Toning
5:40 pm - 6:25 pm	Seiclo dan do / Indoor Cycling	Cwrt Sboncen--Squash Court	Cardio / Calorie burning
6:30 pm - 7:20 pm	Kettlercise HITT (Cancelled)	Neuadd Chwaraeon--Sports Hall	Strength / Toning
7:00 pm - 8:00 pm	Nofio Ffitrwydd i Oedolion / Adult Fit Swim	Prif pwll--Main pool	Water Exercise