

# exercise class programme

## Bro Ddyfi Leisure Centre

Accurate as of 28/04/2024

### Times for Friday 22 December



Time	Session	Facility	Type
11:00 am - 12:00 pm	Cylchedau yn y Gampfa / Gym Circuits	Campfa--Gym	Strength / Toning
6:00 pm - 6:45 pm	Seiclo dan do / Indoor Cycling (Cancelled)	Cwrt Sboncen--Squash Court	Cardio / Calorie burning