

exercise class programme

Bro Ddyfi Leisure Centre

Accurate as of 03/05/2024

Times for Friday 30 March



Time	Session	Facility	Type
9:30 am - 10:15 am	Seiclo dan do / Indoor Cycling	Cwrt Sboncen--Squash Court	Cardio / Calorie burning
10:25 am - 10:55 am	HIIT	Neuadd Bowlio--Bowls Hall	Strength / Toning