

# exercise class programme

## Bro Ddyfi Leisure Centre

Accurate as of 24/04/2024

### Times for Friday 26 October



| Time                | Session                              | Facility                   | Type                     |
|---------------------|--------------------------------------|----------------------------|--------------------------|
| 8:30 am - 9:15 am   | Seiclo dan do / Indoor Cycling       | Cwrt Sboncen--Squash Court | Cardio / Calorie burning |
| 9:30 am - 10:15 am  | Core Plus                            | Neuadd Bowlio--Bowls Hall  | Strength / Toning        |
| 10:25 am - 10:55 am | HIIT                                 | Neuadd Bowlio--Bowls Hall  | Strength / Toning        |
| 11:00 am - 12:00 pm | Cylchedau yn y Gampfa / Gym Circuits | Campfa--Gym                | Strength / Toning        |
| 4:30 pm - 5:00 pm   | HIIT                                 | Neuadd Bowlio--Bowls Hall  | Strength / Toning        |
| 5:15 pm - 5:45 pm   | HIIT                                 | Neuadd Bowlio--Bowls Hall  | Strength / Toning        |
| 6:00 pm - 6:45 pm   | Seiclo dan do / Indoor Cycling       | Cwrt Sboncen--Squash Court | Cardio / Calorie burning |