exercise class programme

Bro Ddyfi Leisure Centre

Accurate as of 12/10/2024

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