

# exercise class programme

## Bro Ddyfi Leisure Centre

Accurate as of 02/05/2024

### Times for Tuesday 19 February



| Time                | Session  | Facility                      | Type                     |
|---------------------|--|-------------------------------|--------------------------|
| 9:00 am - 10:00 am  | AAA (Cylched / Circuits)                       | Neuadd Chwaraeon--Sports Hall | Strength / Toning        |
| 9:30 am - 10:15 am  | Seiclo dan do / Indoor Cycling                 | Cwrt Sboncen--Squash Court    | Cardio / Calorie burning |
| 10:00 am - 10:45 am | Rhieni a Phlant Bach / Parent & Toddler        | Prif pwll--Main pool          | Water Exercise           |
| 10:00 am - 11:00 am | AAA (Gofal Cefn / Backcare)                    | Neuadd Bowlio--Bowls Hall     | Strength / Toning        |
| 10:25 am - 10:55 am | Coesau, Penolau a Boliau / Legs, Bums and Tums | Campfa--Gym                   | Strength / Toning        |
| 5:00 pm - 5:30 pm   | Coesau, Penolau a Boliau / Legs, Bums and Tums | Campfa--Gym                   | Strength / Toning        |
| 5:45 pm - 6:30 pm   | Seiclo dan do / Indoor Cycling                 | Cwrt Sboncen--Squash Court    | Cardio / Calorie burning |