

exercise class programme

Bro Ddyfi Leisure Centre

Accurate as of 03/05/2024

Times for Thursday 18 July



| Time | Session | Facility | Type |
|---------------------|---|-------------------------------|--------------------------|
| 9:00 am - 10:00 am | AAA (Cylched / Circuits) | Neuadd Chwaraeon--Sports Hall | Strength / Toning |
| 10:00 am - 11:00 am | AAA (Gofal Cefn / Backcare) | Neuadd Bowlio--Bowls Hall | Strength / Toning |
| 5:00 pm - 5:30 pm | HIIT | Campfa--Gym | Strength / Toning |
| 5:40 pm - 6:25 pm | Seiclo dan do / Indoor Cycling | Cwrt Sboncen--Squash Court | Cardio / Calorie burning |
| 6:05 pm - 6:35 pm | Adult Coaching | Prif pwll--Main pool | Water Exercise |
| 6:30 pm - 7:20 pm | Boxercise | Neuadd Chwaraeon--Sports Hall | Strength / Toning |
| 8:00 pm - 9:00 pm | Nofio Ffitrwydd i Oedolion / Adult Fit Swim | Prif pwll--Main pool | Water Exercise |