exercise class programme

Bro Ddyfi Leisure Centre

Accurate as of 12/10/2024

Times for Wednesday 11 December

Time	Session	Facility	Type
8:00 am - 9:00 am	Vinyasa Yoga	Neuadd Bowlio--Bowls Hall	Mind Body Training
9:30 am - 10:00 am	Mummy and Me Aerobics	Neuadd Chwaraeon--Sports Hall	Strength / Toning
10:15 am - 11:00 am	Synrgy Circuits	Neuadd Chwaraeon--Sports Hall	Strength / Toning
3:45 pm - 4:30 pm	Teenfit	Campfa--Gym	Cardio / Calorie burning
5:00 pm - 5:50 pm	Boxercise	Neuadd Chwaraeon--Sports Hall	Strength / Toning
6:15 pm - 7:15 pm	Cylchedau / Circuits	Neuadd Chwaraeon--Sports Hall	Strength / Toning