

# exercise class programme

## Bro Ddyfi Leisure Centre

Accurate as of 16/05/2024

Times for Sunday 15 December			
Time	Session	Facility	Type
10:30 am - 12:00 pm	Hatha Yoga	Neuadd Bowlio--Bowls Hall	Mind Body Training
12:15 pm - 1:15 pm	Ioga Cadair / Chair Yoga	Neuadd Bowlio--Bowls Hall	Mind Body Training