

# exercise class programme

## Bro Ddyfi Leisure Centre

Accurate as of 03/05/2024

### Times for Tuesday 7 July



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
10:25 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
6:00 pm - 7:15 pm	Ioga / Yoga	Neuadd Bowlio--Bowls Hall	Mind Body Training