

# exercise class programme

## Bro Ddyfi Leisure Centre

Accurate as of 03/05/2024

### Times for Friday 10 July



Time	Session	Facility	Type
9:30 am - 10:20 am	Boxercise	Neuadd Bowlio--Bowls Hall	Strength / Toning
10:25 am - 10:55 am	HIIT	Neuadd Bowlio--Bowls Hall	Strength / Toning
11:00 am - 12:00 pm	Cylchedau yn y Gampfa / Gym Circuits	Campfa--Gym	Strength / Toning
4:30 pm - 5:00 pm	HIIT	Neuadd Bowlio--Bowls Hall	Strength / Toning
5:15 pm - 5:45 pm	HIIT	Neuadd Bowlio--Bowls Hall	Strength / Toning
6:00 pm - 6:45 pm	Seiclo dan do / Indoor Cycling	Cwrt Sboncen--Squash Court	Cardio / Calorie burning