

# exercise class programme

## Bro Ddyfi Leisure Centre

Accurate as of 01/05/2024

### Times for Wednesday 17 April



Time	Session	Facility	Type
6:15 pm - 7:00 pm	Seiclo dan do / Indoor Cycling	Stiwidio--Studio	Cardio / Calorie burning
7:15 pm - 8:00 pm	Aqua HIIT / Aqua HIIT	Prif pwll--Main pool	Water Exercise