

# exercise class programme

## Bro Ddyfi Leisure Centre

Accurate as of 01/05/2024

### Times for Friday 19 April



Time	Session	Facility	Type
10:30 am - 11:30 am	Pêl-rwyd cerdded / Walking Netball	Neuadd Chwaraeon--Sports Hall	Cardio / Calorie burning
5:15 pm - 6:00 pm	HIIT STEP / HIIT STEP	Neuadd Bowlio--Bowls Hall	Cardio / Calorie burning
6:15 pm - 7:00 pm	Seiclo dan do / Indoor Cycling	Stiwidio--Studio	Cardio / Calorie burning