

exercise class programme

Bro Ddyfi Leisure Centre

Accurate as of 27/04/2024

Times for Tuesday 21 September



Time	Session	Facility	Type
9:00 am - 9:45 am	AAA (Cylched / Circuits)	Neuadd Chwaraeon--Sports Hall	Strength / Toning
6:15 pm - 6:45 pm	Zumba	Neuadd Bowlio--Bowls Hall	Cardio / Calorie burning
6:15 pm - 7:00 pm	Seiclo dan do / Indoor Cycling	Stiwidio--Studio	Cardio / Calorie burning
7:00 pm - 7:30 pm	Zumba	Neuadd Bowlio--Bowls Hall	Cardio / Calorie burning