

exercise class programme

Bro Ddyfi Leisure Centre

Accurate as of 18/04/2024

Times for Wednesday 22 September



Time	Session	Facility	Type
10:00 am - 10:45 am	Erobeg yn y D_r / Aqua Aerobics	Prif pwll--Main pool	Water Exercise
11:00 am - 12:00 pm	Body Blitz	Neuadd Chwaraeon--Sports Hall	Strength / Toning
6:15 pm - 7:00 pm	Seiclo dan do / Indoor Cycling	Stiwdio--Studio	Cardio / Calorie burning