

exercise class programme

Bro Ddyfi Leisure Centre

Accurate as of 20/04/2024

Times for Thursday 23 September



| Time | Session | Facility | Type |
|---------------------|--------------------------|-------------------------------|--------------------------|
| 9:00 am - 9:45 am | AAA (Cylched / Circuits) | Neuadd Chwaraeon--Sports Hall | Strength / Toning |
| 12:00 pm - 12:30 pm | Zumba | Neuadd Chwaraeon--Sports Hall | Cardio / Calorie burning |