

exercise class programme

Bro Ddyfi Leisure Centre

Accurate as of 27/04/2024

Times for Thursday 18 August



Time	Session	Facility	Type
8:00 am - 8:30 am	Metafit / Metafit	Neuadd Chwaraeon--Sports Hall	Strength / Toning
9:00 am - 9:45 am	AAA (Cylched / Circuits)	Neuadd Chwaraeon--Sports Hall	Strength / Toning
10:00 am - 10:45 am	Erobeg yn y D_r / Aqua Aerobics	Prif pwll--Main pool	Water Exercise
11:00 am - 11:45 am	AAA (Seiclo Dan Do / Indoor Cycling)	Stiwdio--Studio	Cardio / Calorie burning
6:00 pm - 7:00 pm	Cylchedau / Circuits	Neuadd Chwaraeon--Sports Hall	Strength / Toning
7:00 pm - 7:45 pm	Vibe Power / Vibe Power	Neuadd Bowlio--Bowls Hall	Strength / Toning
8:00 pm - 8:45 pm	Seiclo dan do / Indoor Cycling	Stiwdio--Studio	Cardio / Calorie burning