

# exercise class programme

## Bro Ddyfi Leisure Centre

Accurate as of 23/04/2024

### Times for Tuesday 23 August



Time	Session	Facility	Type
9:00 am - 9:45 am	AAA (Cylched / Circuits)	Neuadd Chwaraeon--Sports Hall	Strength / Toning
11:15 am - 12:00 pm	Ymestyn y Corff Cyfan / Pure Stretch	Neuadd Bowlio--Bowls Hall	Mind Body Training
5:15 pm - 6:00 pm	HIIT / Step	Neuadd Bowlio--Bowls Hall	Cardio / Calorie burning
6:15 pm - 7:00 pm	Seiclo dan do / Indoor Cycling	Stiwdio--Studio	Cardio / Calorie burning