

exercise class programme

Bro Ddyfi Leisure Centre

Accurate as of 26/04/2024

Times for Wednesday 24 August



Time	Session	Facility	Type
9:00 am - 9:45 am	Seiclo dan do / Indoor Cycling	Stiwedio--Studio	Cardio / Calorie burning
10:00 am - 10:45 am	Erobeg yn y D_r / Aqua Aerobics	Prif pwll--Main pool	Water Exercise
6:15 pm - 7:00 pm	Seiclo dan do / Indoor Cycling	Stiwedio--Studio	Cardio / Calorie burning
7:15 pm - 8:00 pm	Aqua HIIT / Aqua HIIT	Prif pwll--Main pool	Water Exercise