

exercise class programme

Bro Ddyfi Leisure Centre

Accurate as of 30/04/2024

Times for Friday 26 August



Time	Session	Facility	Type
10:30 am - 11:30 am	Pêl-rwyd cerdded / Walking Netball	Neuadd Chwaraeon--Sports Hall	Cardio / Calorie burning
5:15 pm - 6:00 pm	HIIT STEP / HIIT STEP	Neuadd Bowlio--Bowls Hall	Cardio / Calorie burning
6:15 pm - 7:00 pm	Seiclo dan do / Indoor Cycling	Stiwidio--Studio	Cardio / Calorie burning