

exercise class programme

Bro Ddyfi Leisure Centre

Accurate as of 06/05/2024

Times for Monday 29 April



Time	Session	Facility	Type
9:15 am - 10:00 am	HIIT STEP / HIIT STEP	Neuadd Chwaraeon--Sports Hall	Cardio / Calorie burning
10:15 am - 11:00 am	Erobeg yn y D_r / Aqua Aerobics	Prif pwll--Main pool	Water Exercise
11:15 am - 12:00 pm	Stretch & Tone	Ystafell cyfarfod--Meeting Room	Strength / Toning
6:00 pm - 7:00 pm	Cylchedau / Circuits	Neuadd Chwaraeon--Sports Hall	Strength / Toning