

# exercise class programme

## Bro Ddyfi Leisure Centre

Accurate as of 06/05/2024

### Times for Tuesday 30 April



Time	Session	Facility	Type
7:00 am - 7:30 am	Seiclo dan do / Indoor Cycling	Stiwdio--Studio	Cardio / Calorie burning
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
11:15 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