

# exercise class programme

## Bro Ddyfi Leisure Centre

Accurate as of 19/05/2024

### Times for Wednesday 1 May



Time	Session	Facility	Type
5:15 pm - 6:00 pm	HIIT	Neuadd Bowlio--Bowls Hall	Strength / Toning
6:15 pm - 7:00 pm	Seiclo dan do / Indoor Cycling	Stiwdio--Studio	Cardio / Calorie burning
7:15 pm - 8:00 pm	Aqua HIIT / Aqua HIIT	Prif pwll--Main pool	Water Exercise