

# exercise class programme

## Bro Ddyfi Leisure Centre

Accurate as of 05/05/2026

### Times for Tuesday 5 May



Time	Session	Facility	Type
9:00 am - 9:45 am	AAA 50+ (Cylched / Circuits)	Neuadd Chwaraeon--Sports Hall	Strength / Toning
10:15 am - 11:00 am	Erobeg yn y D_r / Aqua Aerobics	Prif pwll--Main pool	Water Exercise
5:15 pm - 6:00 pm	HIIT / Step	Neuadd Bowlio--Bowls Hall	Cardio / Calorie burning