

exercise class programme

Bro Ddyfi Leisure Centre

Accurate as of 05/05/2026

Times for Thursday 7 May



Time	Session	Facility	Type
9:00 am - 9:45 am	AAA (50+)	Neuadd Chwaraeon--Sports Hall	Strength / Toning
6:15 pm - 7:15 pm	Cylchedau / Circuits	Neuadd Chwaraeon--Sports Hall	Strength / Toning
7:15 pm - 8:00 pm	Vibe Power / Vibe Power	Neuadd Bowlio--Bowls Hall	Strength / Toning