

# exercise class programme

## Bro Ddyfi Leisure Centre

Accurate as of 05/05/2026

### Times for Friday 8 May



| Time                | Session                            | Facility                      | Type                     |
|---------------------|------------------------------------|-------------------------------|--------------------------|
| 10:15 am - 11:15 am | Pêl-rwyd cerdded / Walking Netball | Neuadd Chwaraeon--Sports Hall | Cardio / Calorie burning |
| 12:00 pm - 12:45 pm | Pickleball / Pickleball            | Neuadd Chwaraeon--Sports Hall | Cardio / Calorie burning |