

# exercise class programme

## Bro Ddyfi Leisure Centre

Accurate as of 03/08/2026

| Times for Monday 3 August |                                 |                                 |                          |  |
|---------------------------|---------------------------------|---------------------------------|--------------------------|-------------------------------------------------------------------------------------|
| Time                      | Session                         | Facility                        | Type                     |                                                                                     |
| 9:15 am - 10:00 am        | HIIT STEP / HIIT STEP           | Neuadd Chwaraeon--Sports Hall   | Cardio / Calorie burning |                                                                                     |
| 10:15 am - 11:00 am       | Erobeg yn y D_r / Aqua Aerobics | Prif pwll--Main pool            | Water Exercise           |                                                                                     |
| 11:15 am - 12:00 pm       | Stretch & Tone                  | Ystafell cyfarfod--Meeting Room | Strength / Toning        |                                                                                     |
| 2:45 pm - 3:30 pm         | Pickleball / Pickleball         | Neuadd Chwaraeon--Sports Hall   | Cardio / Calorie burning |                                                                                     |
| 6:00 pm - 7:00 pm         | Cylchedau / Circuits            | Neuadd Chwaraeon--Sports Hall   | Strength / Toning        |                                                                                     |