

exercise class programme

Bro Ddyfi Leisure Centre

Accurate as of 03/08/2026

Times for Thursday 6 August

Time	Session	Facility	Type
6:15 pm - 7:15 pm	Cylchedau / Circuits	Neuadd Chwaraeon--Sports Hall	Strength / Toning
7:15 pm - 8:00 pm	Barbell Pump	Neuadd Bowlio--Bowls Hall	Strength / Toning