

# exercise class programme

## Bro Ddyfi Leisure Centre

Accurate as of 29/09/2026

Times for Tuesday 29 September



| 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 |
| 6:15 pm - 7:00 pm   | Seiclo dan do / Indoor Cycling  | Stiwdio--Studio               | Cardio / Calorie burning |